

[FROM CAROLINA KITCHENS]

**Eudora Garrison's**  
*favorite*  
**CAROLINA RECIPES**







# Foreword

Some say there's a decline of efforts in the kitchen.

Like the ostrich, I'm burying my head — not in sand, but in butter, eggs and sugar. In smooth rich batter, and fragrant yeast dough. In savory seasonings that go into casseroles, and pungent pickles and quivering jellies.

I'm burying it deep in tantalizing sweets, crisp-tender vegetables and enticing salads.

I simply am not willing to admit that the kitchen is not still that aromatic, exciting, challenging and satisfying base of operations that it once was when we were very young and our mothers and grandmothers spent so many happy and fulfilling hours in it.

And so to back up my hopeful belief and wistful yearning, I'm setting down some recipes that transcend time and place and people. They are as irresistible today as they were in their beginning — maybe many years ago, or maybe no longer than last month.

Most of the dishes in this little book have a significant association with someone, somewhere, some place, that makes them special.

I hope they'll be the same for you. I hope that you'll make them, enjoy them, and hold them in affection, as I do.

They're given here with warmth and friendship and such a lot of pleasure.


Sincerely,

Eudora Garrison

Eudora Garrison

HILL





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# Meat, Fish & Fowl

Lamb in this area often goes begging. The right treatment for cuts selected makes a difference. And don't forget to serve mint jelly!

## BRAISED LAMB CUSHION SHOULDER

Have your meat cutter give you a nice, lean-as-possible square shoulder cut (ask him to crack the bones) — approximately 3 or 4 pounds for a small family.

Trim and rub in generous amount of bouquet garni for lamb (this is a blending of rosemary, tarragon, savory and oregano and is in local markets), salt and pepper to taste, though it will need little of either if you use the suggested herb mixture.

Brown meat on all sides, put on low rack in skillet or roasting pan with cover, add about 1/2 cup of water, cover and cook in 325-degree oven (or on top of stove over low heat) until tender — 2 or 3 hours. This type lamb is best, I think, when very well done — practically falling from the bones.

Pour off pan juices and reserve for later use. Some may be used for gravy if desired, but I wait and use the juices after fat has risen to top and removed to prevent greasiness.

Mashed potatoes, green peas and mint jelly are always lamb companions at our house.

A 3 or 4-pound shoulder cushion will serve three with enough left over for a superb dish I'm going to give you below as a second-day lamb treat. Be sure there is enough left over for this curry dish. Either get a large enough roast to begin with, or don't eat so much the first serving!

## LAMB CURRY WITH SAFFRON RICE

- |  |   |
|--|---|
| 2 or 3 cups leftover lamb, cut in bite-size pieces           | 1/4 cup raisins (optional)                                  |
| 3 tablespoons butter or bacon drippings                      | 2 to 2 1/2 cups lamb broth (reserved from cooking shoulder) |
| 1 cup diced celery   | 2 teaspoons, or more, curry powder                          |
| 2 tart apples, pared and diced (fresh peaches are excellent) | 2 tablespoons hot water                                     |
| 1/2 cup sliced onions  | 2 tablespoons flour   |
|  | Salt and pepper to taste                                    |
|  | Cooked, hot saffron rice, 1 cup raw                         |

Remove fat from top of reserved lamb juices and supplement with water, if necessary, to make required amount of liquid. If much water is used, one or two beef bouillon cubes may be dissolved in heated liquid.

Melt butter or bacon drippings in heavy, deep skillet and add onions, celery and apples; saute until soft; add lamb juices and simmer 15 or 20 minutes. Add lamb, and salt and pepper, if necessary. Meanwhile, blend curry powder with hot water and let stand 5 minutes; then blend in flour, adding cold water if necessary to make a smooth paste; stir the paste into lamb mixture, simmering and stirring until smooth and slightly thickened. It may be necessary to add a bit more water if mixture is too thick.

Serve over saffron rice (and you can buy this commercially or make your own by adding saffron powder to plain rice) and accompany with the usual curry condiments — chutney, grated coconut, crushed peanuts, raisins, chopped onion, or whatever is your choice.

Yield: 4 to 6 servings.

Note: I adapted this dish using leftover cooked lamb from one that called for uncooked lamb shoulder. This may be done quite successfully. Simply get about 1 1/2 pounds lamb shoulder, cover with salted water and simmer until tender; reserve broth for liquid called for, cut lamb in cubes, and proceed as above directed.)



The following is a simple and delicious method for preparing a leg of lamb a la a food editor friend, Florence LaGanke Harris of the Cleveland Press.

## ROAST LEG OF LAMB

Wipe leg of lamb (3 or 4 pounds) with damp cloth and cut slits in fat; stuff slits with salt and pepper to taste, bit of chopped garlic, oregano and monosodium glutamate. Rub all over with lemon juice and olive oil.

Place on rack in shallow roasting pan in 500-degree oven for 15 minutes; reduce heat to 325 degrees and continue roasting, 20 minutes to the pound.

Even an anti-lamb diner will be delighted with this!



In cool weather, is anything more luscious than a juicy, golden brown pork rib roast? Elsewhere in these pages is a succulent sherry-flavored baked fruit casserole to go with this pork roast. (see section on vegetables and salads).

## PORK LOIN ROAST

Get the meat cutter prepare any number of ribs desired (or, maybe more accurately, the number you can pay for!). Ask him to crack the bone so that it may be either removed entirely, or easily cut through when serving.

It's my idea that pork loin roast is so delicious, it is gilding the lily to add many seasonings, other than salt and pepper.



This is the easiest meat possible to prepare — even the most inexperienced cook can do it with confidence. Simply rub roast with salt and pepper, put on rack in shallow pan and roast in 325-degree oven until done — allowing 20 to 30 minutes per pound. (There's a new theory that pork now doesn't have to be cooked to the well-done stage, but I still like the old method.)

When serving, cut thick slices, allowing one rib, or two if small, for each serving. Always accompany pork roast with some kind of baked fruit. The casserole mentioned above is ideal, I think.



The following is a meal-in-a-pork-chop and needs only salad companion. My friend, Mary Lou McMaster, serves this superbly.

## STUFFED PORK CHOPS

Brown thick, lean pork on both sides, remove from skillet and make medium-thick gravy; season to taste with salt and pepper.

Put browned chops in iron skillet or baking pan and on top of each put ring of green pepper. Fill each pepper ring with slightly cooked rice, large slice of onion and large slice of tomato. Season to taste. Pour gravy over all and cover. Cook in 300 to 325-degree oven 1 to 2 hours, or until very tender.



This casserole below has been hopping around the area pretty constantly since Marian Hunter brought it back from Cleveland several years ago. She ate it there at a party for 100 attending a national board meeting for the Crittenton Home. The hostess served only this casserole, tossed salad and chocolate brownies.

## CRITTENTON CASSEROLE

8-ounce package egg noodles, medium wide	3 tablespoons parsley, chopped
1 can cream of mushroom soup	1/2 cup onions, chopped
1 soup can milk (or a bit more)	Salt and pepper to taste
1/2 pound grated sharp cheese	2 pounds lean ground beef
3/4 cup ripe olives, chopped	1 can Chinese noodles
	1/4 pound slivered blanched almonds

Cook noodles according to package directions; drain.

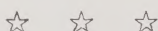
Brown meat lightly in heavy skillet; add onions, salt and pepper and blend well.

Combine soup and milk and blend until smooth.

In one large or two medium-size casseroles, medium-shallow, put layer of noodles, cheese, olives, parsley and meat. Repeat layers until all ingredients are used. Pour soup mixture over all and bake in 350-degree oven for 35 to 40 minutes; remove from oven, top with Chinese noodles and almonds and continue baking 10 to 15 minutes. (If casserole gets a bit dry when baking, add a little more milk.)

Yield: 10 to 12 servings.

Note: This dish may be prepared the day before and refrigerated until baking time. Of course, do not put noodles and almond topping on when preparing in advance.



Stroganoff is often thought of as a party dish. Here's the way Sue Penney, charming Florida hostess, makes it. You can see for yourself it's simple enough for a family meal.

## SUE PENNEY'S BEEF STROGANOFF

2 pounds slivered beef (round or sirloin tip)	1 large can mushrooms, plus liquid
1 onion, chopped fine	2 or more tablespoons sherry
2 tablespoons butter	Salt and pepper to taste
1 cup dairy sour cream	Hot cooked fluffy rice, white, brown or wild

Put 2-pound cut of meat in freezer and allow to become frozen enough to sliver easily. With sharp knife sliver pieces about the size of a quarter.

Meanwhile, saute onion in melted butter until transparent and tender; add prepared beef and cook until lightly brown. Remove meat and onion from skillet and cook pan drippings until almost dry and sticking to the bottom of the pan. Add sour cream and return meat and onions to skillet; add mushrooms and liquid and blend thoroughly, scraping bottom of pan, and stirring well. Add salt and pepper to taste; cover and simmer slowly for about one hour. Add sherry just before serving over hot fluffy rice.

Yield: 6 servings.



Margaret Millar of Charlottesville, Va. is a culinary artist as well as a favorite cousin. Several of her masterpieces will appear in these pages. Here's one:

## MARGARET'S DEVEILED CRAB

1 green pepper, chopped	1 teaspoon prepared mustard
1 teaspoon worcestershire sauce	Salt and pepper to taste
1 pound crab meat, fresh, frozen or canned	1/4 teaspoon cayenne pepper
2 1/2 tablespoons flour	2 tablespoons lemon juice
2 tablespoons butter	2 hard-cooked eggs, chopped
1 cup milk	Bread crumbs
	Butter

Make sauce by melting butter in heavy saucepan, stirring in flour and slowly adding milk, cooking and stirring until thick and smooth; add salt and pepper to taste. Add all other ingredients (except bread crumbs and butter for topping) and blend well. Spoon into 8 to 10 (maybe more) shells, sprinkle with bread crumbs, dot with butter and bake in 350-degree oven about 30 minutes.



Yield: 8 to 10 servings.



And another delicious quickie from this same Good Cook:

## SHRIMP AND CRAB MEAT DELIGHT

- |   |                                |
|---|--------------------------------|
| 1 pound shrimp, cooked and deveined           | 1 can mushroom soup, undiluted |
| 1 pound crab meat, fresh, frozen or<br>canned | 1/2 cup sherry                 |
|   | Rice or Noodles, optional      |

Mix first three ingredients, blend well and heat until piping hot; add sherry and serve over hot cooked rice, noodles, or as a dip.

Yield: 6 servings as entree; 16 to 18 as dip.



This casserole makes a delightful dish for a ladies' luncheon. It has the added charm of being a make-ahead. A salad and simple dessert complete the menu:

## SHRIMP CASSEROLE SUPREME

- |   |                          |
|---|--------------------------|
| 2 pounds cooked, deveined shrimp                    | 4 eggs, beaten           |
| 3/4 loaf bread (approximately),<br>crusts removed   | 2 cups milk              |
| 1 stick softened butter                             | Salt and pepper to taste |
| 1 pound (approximately) cheese,<br>sliced or grated |                          |

Butter bread and line up in buttered 8 by 12 (approximately) medium-shallow baking dish; put layer of shrimp over top of buttered bread, then layer of cheese and repeat until ingredients are used. (There should be two layers of each ingredient.) Beat eggs, add milk, salt and pepper to taste, and pour over bread, shrimp and cheese. Cover and store overnight in refrigerator. Remove and let stand at room temperature about one hour before baking. Bake in 350-degree oven 30 to 45 minutes. (Other seasonings such as parsley flakes, worcestershire, Tabasco, etc. may be added, if desired.)

Yield: 6 to 8 servings.



If you've wondered how to accomplish Fish Almondine, here's one easy method — especially good for trout or other lean fish.

## FISH ALMONDINE

- |  |                                     |
|--|-------------------------------------|
| 2 pounds fish fillets                      | 1/2 cup blanched slivered almonds   |
| 2 teaspoons salt                           | 1 1/2 to 2 tablespoons lemon juice  |
| 1/4 teaspoon pepper                        | 1/4 teaspoon marjoram or thyme      |
| 1 tablespoon flour                         | 1 tablespoon finely chopped parsley |
| 1/4 cup vegetable shortening for<br>frying | Dash of Tabasco                     |
|  | Lemon wedges                        |

Sprinkle fillets with 1 teaspoon of the salt and 1/8 teaspoon of the pepper and dust with flour. Pan-fry in hot shortening until lightly browned on both sides — about 5 minutes. Remove fish to warm platter. Add remaining salt, pepper and other ingredients to fat in pan and cook until almonds are very lightly browned. Pour over fish and serve with lemon wedges.

Yield: 6 servings.



This next is one I just make up as I go along. It turns out differently every time, but always it's pleasing. You can take liberties with it, adding or subtracting as you wish.

## SEAFOOD NEWBURG

Make 2 1/2 to 3 cups thick white sauce, using at least two egg yolks to add richness. Season with salt and pepper, of course. Use half and half as milk in sauce. To this add:

- |   |                                 |
|---|---------------------------------|
| 1 cup cooked, deveined shrimp           | 1 teaspoon worcestershire       |
| 1 cup crab meat, fresh or canned        | Dash hot sauce                  |
| 1 cup lobster, cut in chunks, or flaked | Dash of cayenne                 |
| cooked white fish                       | 1/4 (or more) cup sherry (to be |
| 1/2 cup chopped almonds                 | added just before serving)      |
| 1 large can drained sliced mushrooms    |                                 |

Slowly simmer the above ingredients in sauce until well blended and thoroughly heated through — 10 to 15 minutes. Add sherry, blend and serve from chafing dish at buffet table over fluffy hot rice or Chinese noodles. (This also may be put in casserole, covered with buttered crumbs and baked a few minutes instead of simmering, but still serve over rice or noodles.)

Yield: 6 to 8 servings, or more.



Pickled Shrimp have long been a favorite hors d'oeuvre in the South as well as other sections.

## PICKLED SHRIMP

- |                                      |                              |
|--------------------------------------|------------------------------|
| 1 1/2 pounds cooked, deveined shrimp | Dash of hot sauce            |
| 2 or 3 medium onions, thinly sliced, | 2 tablespoons worcestershire |
| soaked in cold water                 | 1/3 cup catsup               |
| 2 teaspoons sugar                    | 1/3 cup vinegar              |
| 1 teaspoon salt                      | 1 cup salad oil              |
| 1/2 teaspoon mustard                 | Crushed bay leaves           |

Mix all of the above (except shrimp and onions) in electric mixer or with rotary beater until well blended. In glass jar or container with tight-fitting top, put layer of shrimp, then layer of well-drained sliced onions;



sprinkle with small amount crushed bay leaves and repeat until ingredients are used and container is full. Pour dressing over all and let stand, covered, at least 12 hours in the refrigerator before serving.

Yield: 8 to 10 servings as hors d'oeuvres.



The recipe below seemed to have appeared from nowhere and gained popularity as it circulated. It's nice for a ladies' luncheon.

## CHICKEN BREASTS IN SOUR CREAM

2 packages chipped beef	1 cup sour cream
6 medium-size chicken breasts, boned and cut in half	6 strips bacon, cut in half
1 can cream mushroom soup (more if necessary)	Salt and pepper to taste

Season chicken pieces lightly with salt and pepper (there will be almost enough seasoning in chipped beef and bacon) and wrap each piece with half strip of bacon, securing with wooden picks, if desired.

Blend soup and sour cream; line up chicken pieces in large medium-shallow lightly buttered baking dish or pan, putting 3 or 4 slices of chipped beef under each piece of chicken. Pour soup-sour cream mixture over and bake in 300-degree oven 2 1/2 to 3 hours, uncovered.

Yield: 12 servings for ladies, 6 servings for men.



Another delicious way with chicken from my Virginia cousin.

## MARGARET'S VERMOUTH CHICKEN

3 medium-large chicken breasts, cut in half	1 cup dry vermouth (or vodka)
1 stick butter	1/4 cup vodka (or brandy)
	1/4 cup toasted, slivered almonds

Do not salt chicken; brown in butter (in electric fry pan, if you have one) on both sides, skin side down first. Turn, and pour vermouth over, reducing heat (to 275 degrees if electric fry pan is used). Cover and simmer until tender — about 30 minutes. Remove chicken to warm platter and add vodka to pan drippings; this will thicken slightly. Sprinkle chicken with almonds, and spoon gravy from fry pan over when serving. Herbed rice is a good companion.

Yield: 6 servings.



Here's one grand for a crowd at an informal buffet. Frances Crockett serves this with an accompanying salad, bread, beverage and dessert, if desired.

## CHICKEN ITALIAN

- |  |   |
|--|---|
| 1 green pepper, chopped                      | 1 package (5-ounce size) egg noodles          |
| 1 medium onion, chopped                      | 1 large can green peas, drained               |
| 1 clove of garlic, finely chopped or crushed | 1 can (8-ounce) button mushrooms, plus liquid |
| 2 tablespoons salad oil or other fat         | Salt and pepper to taste                      |
| 3 cans (8-ounce size) tomato sauce           | 2 teaspoons worcestershire (optional)         |
| 12 large chicken breasts                     |   |

Brown pepper, onion and garlic lightly in oil in heavy skillet; add tomato sauce, mix well and simmer gently until tender — 15 to 20 minutes.

Meanwhile, cover chicken breasts with water, bring to boil; reduce heat and simmer until tender. Remove chicken from liquid and cut in bite-size pieces. Add egg noodles to chicken broth and cook according to package directions; drain.

Combine noodles, chicken, tomato sauce and seasonings to taste. Add drained green peas and undrained mushrooms and heat through until piping hot. Serve from chafing dish, if desired.

Yield: 8 generous servings — enough for seconds.

Note: Dark meat may be used in the above, too, of course, and you might like a combination of light and dark.



Florence Laslie, successful local business executive, is also a success in the kitchen. Her reputation as a cook is known all over the area. This is one of her specialties:

## ROAST DUCK WITH ORANGE SAUCE

Rub the cavity of a 5-pound duck, dressed and cleaned, of course, with 1 heaping teaspoon caraway seeds; insert 1/2 clove garlic and 1/2 onion in cavity. Season with small amount salt and pepper, if desired. Put duck on rack in shallow pan so fat will drip down while duck is roasting in 325-degree oven. (It will take a 5-pound duck about 2 1/2 to 3 hours to cook.)

While duck is roasting, prepare the following to spoon over when serving:

## ORANGE GLAZE

- |  |                                 |
|--|---------------------------------|
| 1/3 cup <u>each</u> brown and granulated sugar | 1 tablespoon grated orange rind |
| 1 tablespoon cornstarch                        | 1 cup orange juice              |
|  | 1/4 teaspoon salt               |

Mix all ingredients and stir over low heat until sugar is dissolved; simmer, stirring, until transparent and thickened. This is sufficient for 1 large or 2 small ducks. If desired, reduce orange juice to 3/4 cup and add 1/4 cup sherry just before removing sauce from heat.



Florence says she used two 5-pound ducks for serving 6. (Maybe if they have modest appetites, you could count on one 5-pound duck serving 4.)



More than three years ago, we ran a recipe in *The Observer*, telling how to smoke a turkey on the outside grill, complete with instructions on making a hood for the open grill out of coathangers and aluminum foil. We are still having requests for this Smoked Turkey, not just locally, but people living in other states who happened to have seen the article, tried it, liked it enormously, then lost the recipe. So for your turkey-eating pleasure:

## SMOKED TURKEY ON THE GRILL

10, 12 or 15-pound eviscerated turkey	OR 1/2 teaspoon of each of these
4 cups chopped celery with leaves	herbs, dried
1 1/2 cups chopped onions	1/2 cup salad oil
1 1/2 cups chopped parsley, sprigs	1 cup cider or dry white wine with
of fresh thyme, dill or rosemary	sprinkling of herbs, salt, pepper

If turkey is frozen, defrost until pliable. Sprinkle cavity with salt and fill with celery, onion and herb mixture. Close opening with skewers, truss and brush all over with salad oil which has been blended with the herb-flavored cider or wine. Place turkey right on the grill rack (the fire for cooking this turkey should be built at one side or end of grill) with pan made of several thicknesses of foil underneath. Place a piece of foil against the side of the bird toward the fire for protection, if the fire seems quite hot.

Cover grill with its own hood or cover, or hand-made foil hood. Adjust damper (if one) so fire will burn slowly. Let turkey cook very slowly, allowing 5 or 6 hours for 12 to 15-pound bird. It should brown slowly. Lift cover and brush with herb-cider-oil mixture once or twice. (Add 3 or 4 damp hickory chips to fire when first started, about half way through cooking and toward the end of cooking. Add additional charcoal once.)

When turkey is done, the second joint moves easily and the breast meat is soft to the touch. A meat thermometer inserted in the thickest part of the thigh should read 190 degrees F.

Remove turkey to serving platter. Slip foil pan with juices onto cookie sheet, then pour juices into a saucepan. Add any remaining basting sauce to juices and skim off fat. Add broth made from cooking giblets to make 3 cups. Add salt and pepper to taste and thicken with cornstarch mixed with a bit of water. Serve this sauce-gravy over turkey slices.

Yield: 12 to 15 servings.

# *Jellies, Jam and Pickles*

There's no kitchen operation that gives the homemaker such a sense of satisfaction, providence and well-being as to turn out jars of clear, shimmering jellies, jams and preserves that are the right consistency and pickles that are either crisp, pungent or zesty — and all delicious.

My collection of favorites has grown with the years, and now, from the first of May, when the strawberries begin ripening, until after frost, when the artichokes have been gathered, on into December when the citrus fruit from Florida is in its prime, jars in varying shapes and sizes are lined up on my kitchen counters and something good is going in them from the jelly, jam and pickling kettle.

A good one to begin with is ruby red, tart crabapple jelly made from the fruit of a flowering crabapple tree that grows in profusion all over the area.

## **CRABAPPLE JELLY**

Wash apples thoroughly and cut in half; leave stems and seeds, as they contain pectin. Barely cover fruit with water. Cook, stirring occasionally, and when the mass feels soft, remove from heat immediately. Overcooking can mean failure as it cuts down pectin.

Pour cooked fruit into folded soft white cloth placed in colander that has been set over large container. Resist impulse to punch and press fruit to obtain more juice; forced drainage means cloudy jelly. Simply set the fruit aside in a cool place to drip all night.

Measure juice, working with no more than 4 cups at a time, and put in large, wide heavy pan or kettle. Bring juice to full boil, and after boiling a couple of minutes, add  $\frac{3}{4}$  cup sugar to each cup juice measured; stir only until sugar is dissolved. Let jelly cook medium-slow, constantly skimming as the scum comes rolling to the surface, and removing it gently with wide perforated spoon.

If you're using a thermometer, the jelly will be ready to pour into glasses at approximately 220 degrees. If testing with spoon, and I think fork is best of all, the mixture will kind of blob from spoon, or will web between tines of the fork. As you work with it, you can almost tell by looking at the mixture when it is ready to jell and to pour into clean, hot, sterilized glasses.

Yield: 3 to 4 glasses (cup size) of jelly.

Note: Allow to cool, then cover with melted paraffin and store in dark



place to retain the really beautiful deep red color. I have a friend who says she prefers this crabapple jelly to cranberry sauce with meats.



For strawberry preserves, I've found the almost identical method of Mrs. George Culberson, McAdenville, and Mrs. Warren Ferguson, Providence Community, to be the most satisfactory I've ever tried. It's both easy and delicious:

## **SUPERB STRAWBERRY PRESERVES**

2 quarts strawberries, capped and washed      8 cups sugar  
3 or 4 tablespoons vinegar (or part  
lemon juice, part vinegar)

Put prepared berries over very low heat and warm until juice is drawn; add sugar and vinegar or lemon juice and bring to rolling boil; reduce heat, but continue boiling for 15 to 20 minutes, skimming when necessary. Remove from heat, skim, pour in shallow containers (Mrs. Culberson says non-metal) and allow to stand for 24 hours, stirring occasionally. Put cold preserves into jars and seal with paraffin.

Yield: Approximately 4 pints.

And here's another method Mrs. Ferguson uses to please her husband — he thinks this one is best:

## **MR. FERGUSON'S STRAWBERRY PRESERVES**

2 quarts strawberries, capped and washed      Boiling water  
6 cups sugar

Pour boiling water to cover over prepared berries and let stand 3 minutes; drain thoroughly and add 4 cups of the sugar. Bring to boil and boil for 10 minutes; remove from heat, skim and let cool. Add remaining 2 cups sugar and bring to boil, cooking for another 10 minutes. Remove from heat, skim, set aside until completely cool, stirring occasionally. Put in jars and seal with paraffin.

Yield: About 4 pints.



If you haven't eaten preserves, pies and jelly made from dark, tart damson plums, you've missed an important taste experience. You can buy these plums locally as they come in, generally, from the mountains, late August or early September. They're superb in any form, have plenty of pectin and jell quickly.

## **DAMSON PRESERVES**

Remove seeds from damsons; if they're just beginning to ripen, the seeds pop out fairly easily when you squeeze the plums vigorously.

Working with not over 4 cups at one time, wash and measure into wide heavy pan or kettle, and add 1 cup sugar to each cup of fruit; add the juice of 1/2 lemon, or, if desired, thin slices from 1/2 lemon (I really prefer juice). Bring to very slow boil, stirring sugar from bottom of container so it will not scorch, and blending with fruit. Boil, skimming when necessary, until mixture is thickened and beginning to jell slightly — this takes from 30 to 40 minutes, usually. Put in jars, cool, cover with paraffin.

Yield: Approximately 3 to 4 cups (1/2 pints) preserves.



I don't make blackberry and grape jelly, but those who do tell me the method is virtually the same for both, with the exception of allowing the extracted grape juice to stand overnight, then strain through two thicknesses of soft white cloth or flannel, to get rid of crystals which form in grape juice.

## BLACKBERRY AND GRAPE JELLY

Wash and mash berries or grapes and put over low heat until juice is drawn; cook for few minutes, then strain through two thicknesses of soft white cloth. (As directed above, allow the grape juice to stand overnight, then strain again, to remove crystals).

Measure juice into wide heavy pan or kettle, not working with more than 4 cups at one time. Bring to boil, then add sugar, 1 cup sugar to each cup blackberry juice, 3/4 cup sugar to each cup grape juice; stir just to dissolve, bring to boil and cook until the mixture jells — blobs from spoon or webs between tines of fork. Skim when necessary while cooking.

Yield: 3 to 4 glasses (1-cup size) jelly.

Note: It has been suggested that 1 cup water be added to each 8 cups of grapes when beginning to boil for extracting juice. Also that by adding 1 cup tart apple, diced, to each quart of grapes during cooking to extract juice will help prevent crystals.



Mrs. Mary Ketchin of Winnsboro, S. C. was known and beloved for many things, but her Orange Marmalade was traditional. She made it skillfully and delivered to friends and neighbors when she was well past 90. Mrs. Ketchin died several years ago, but her marmalade is still made faithfully twice each year at my house.

## MRS. KETCHIN'S MARMALADE

1 large grapefruit  
3 lemons

3 large oranges

Cut fruit in halves; remove juice; grind peeling and pulp with medium-coarse blade of meat chopper; mix with juice.

Measure juice and fruit mixture and add 3 cups water to every cup of fruit mixture. Set aside until next day. The next day, boil mixture about 15 minutes; set aside until the next day. The next day, measure mixture and



add 1 cup sugar for each cup mixture. Plus 1 extra cup sugar. Cook in at least three wide, heavy containers, boiling and skimming when necessary, until mixture jells — this will take approximately one hour, if cooked in three vessels.

Yield: 14 to 15 1/2 pints.



This next delightful chutney I got through the mail on a fresh fruit folder from the Pacific Kitchen in Seattle, Washington. I “tampered” with it a little, made it and loved it, and so will you.

## PEACH CHUTNEY

5 pounds fresh ripe peaches	1/4 cup fresh lime juice
1/2 pound each raisins and chopped dates OR 1 cup raisins	1/2 to 1 cup candied ginger, coarsely chopped
1 lemon, thinly sliced	1/2 cup nutmeats, optional
2 cups vinegar (or bit more)	1 or 2 small hot peppers, finely chopped, optional
3 to 3 1/2 cups brown sugar	

Peel and cut peaches in chunks or slices; combine with raisins, dates, lemon, vinegar and lime juice; cook mixture slowly until peaches are tender, stirring to prevent scorching. Add sugar, and hot pepper, if desired, blend well and cook over low heat until thickened — about 1 to 1 1/2 hours. Stir occasionally. Before removing from heat, add ginger and nuts and blend. Ladle into hot sterilized jars. Seal.

Yield: Approximately 5 pints.



This next, Mango Chutney is a blending of ideas from my head, the above Peach Chutney and Nashville Seasons cookbook. It turned out deliciously.

## MADE-UP MANGO CHUTNEY

8 large mangoes	1 cup candied ginger, chopped coarsely
2 peaches	3 cups vinegar
4 nectarines	4 cups brown sugar
1 cup raisins	2 or 3 hot peppers, finely chopped
1 1/2 to 2 medium onions, chopped	1 lemon, thinly sliced
1 teaspoon <u>each</u> ground cloves, all-spice and ginger	1/4 cup fresh lime (or lemon) juice
1/2 teaspoon ground mace	

Peel and coarsely cut fruit; combine with lemon, onions, raisins, lime juice and cook mixture slowly until fruit is tender, stirring to prevent scorching. Add sugar, hot pepper and spices and blend well. Continue cooking, stirring occasionally, until mixture thickens — an hour or more. Add ginger, blend, put in hot sterilized jars and seal.

Yield: 5 1/2 to 6 pints.

Note: Nuts may also be added to the above Mango Chutney if desired. Also, you may take liberties with the fruit, substituting one for another; for instance, pears for nectarines; apples for peaches; increase peaches; use all mangoes, etc. It's creative and it's fun!



This is an old standby, Crisp Green Tomato Pickles, is a favorite with many, is trouble to make, and looks pretty on your condiment tray. It comes from an old and dear friend, Mrs. Guy Foster of Rock Hill.

## GREEN TOMATO PICKLES

7 1/2 pounds sound, small green  
tomatoes

1 quart slack lime (get from feed  
and seed store)

2 gallons cold water

(The lime is the kind put on tennis courts, in case you're not sure what slack lime is. It will cost about 15 or 20 cents for the quart).

Mix lime in the 2 gallons of water; wash and slice tomatoes about 1/4 inch thick; soak in lime water for 24 hours, stirring occasionally.

At the end of 24 hours, remove tomatoes from lime water and **wash thoroughly**. This is where the rub comes and the part that is troublesome. It is really necessary to take a small stiff brush and literally, but **carefully**, wash each slice, rinsing and washing until all lime is removed. After soaking in lime water, some of slices break easily, some will crumble completely. Salvage as many as possible.

Meanwhile, make the following:

## SYRUP

4 1/2 pounds sugar  
1/2 gallon vinegar

1/2 small box pickling spices, or  
spices of your choice

Mix the above and boil for a few minutes. Then pour over thoroughly washed tomatoes and let soak in this syrup for 24 hours. Then, pour off syrup, put over heat and bring to boil; boil for 5 to 10 minutes. Now add tomato slices and boil for 20 minutes. Put in hot, sterilized jars and seal.

Yield: Approximately 10 pints pickles.

Note: I almost always add green food coloring to the syrup to make these slices a bright, deep green color. You may prefer not to do this, but the bright green looks attractive with other pickles and relishes.



And, speaking of green tomatoes, if there is a better relish anywhere than the one below, I haven't eaten it. This goes on my pickle shelf every year. It came from the Cherryville Woman's Club cookbook **years** ago.



## GREEN TOMATO RELISH

1/2 peck firm, green tomatoes	8 large onions
4 green sweet bell peppers	1/2 cup salt, or a little less
4 red sweet bell peppers	Water to cover
2 or more hot peppers (optional)	

Wash and grind the above vegetables with medium coarse blade of food chopper. Sprinkle salt over, pour water over and soak overnight. The next day, drain thoroughly and simmer 20 to 30 minutes in the following mixture:

2 tablespoons flour	3 cups sugar
2 tablespoons celery seed	3 cups apple cider vinegar
2 tablespoons mustard seed	

Put in hot, sterilized jars and seal.

Yield: 10 to 12 pints.



This next is from Mrs. Guy H. Little of Hickory. Hardly a month has passed since I ran this several years ago that somebody doesn't refer to it. It'll make you cry — from joy and hotness!

## HOT PEPPER ONION RELISH

12 green hot peppers	3 cups sugar
12 red hot peppers	5 cups vinegar
14 large onions	Salt to taste (about 3 teaspoons)

Peel onions, wash peppers and grind both with medium coarse blade of food chopper. Put into large pot or kettle and add sugar, vinegar and salt. Bring to boil and simmer for about 25 minutes. Put into hot sterilized jars and seal.

Yield: 6 or 7 pints.



And another Pepper Relish that's not so hot, but so very good is from Mrs. Dick Neely of Rock Hill:

## MRS. NEELY'S PEPPER RELISH

12 green bell peppers	3 tablespoons salt
12 red bell peppers	1 ounce mustard seeds
12 white onions, medium size	1 quart vinegar
3 cups sugar	

Wash peppers and remove seeds; peel onions; run both through food chopper, medium-coarse blade. Cover with boiling water and let stand 15 minutes. Then drain well. Add other ingredients and boil for 15 minutes. Put in hot, sterilized jars and seal.

Yield: 7 or 8 pints.

For an easy bread and butter cucumber pickle, here's one from Mrs. Ross Morrison that she got from her mother-in-law in Harrisburg:

## MORRISON BREAD AND BUTTER PICKLES

1 gallon thin sliced cucumbers	1/2 cup salt
8 thin sliced small onions	1 quart cracked ice
2 thin sliced green bell peppers	

Mix cucumbers, onions, peppers and salt and bury in ice for two hours. (It will take more ice, probably). Drain off water and pour the following mixture over cucumbers:

4 cups sugar	1 teaspoon celery seeds
1 1/2 teaspoons tumeric	2 tablespoons mustard seeds
1/2 teaspoon ground cloves	5 cups apple cider vinegar

Mix the above ingredients well before pouring over cucumbers; blend well and heat to scalding slowly; do **NOT** boil.

Pack in hot, sterilized jars and seal.

Yield: 6 to 8 pints.



Remember the old-fashioned homemade cucumbers that were neither sweet nor sour and just a tiny bit salty? The recipe here from Mildred Jolly comes as close to those long-ago delights as any I've found in years:

## MILDRED'S COUNTRY CUCUMBERS

If you have your own cucumber vines, you're in luck. Pick them small. In any event, get the smallest cucumbers you can. In most cases you'll have to split them in halves or quarters. Pack the raw cucumbers upright in sterilized jars that have been cooled. Meanwhile, make the following mixture to pour over packed pickles:

## MIXTURE FOR CUCUMBERS

1 gallon cider vinegar	1 tablespoon dry mustard
2 cups sugar	1 rounded tablespoon powdered sac-
1 cup salt (not iodized)	charin (get from drug store)

Mix vinegar, sugar, salt and mustard. Put over heat and bring to boil; remove from heat and cool. Then add powdered saccharin (and this, says Mildred, is the magic ingredient. If your druggist doesn't have it on hand, he'll probably get it for you on request). Stir until thoroughly dissolved. Pour mixture over packed pickles up to within 1/4-inch of jar top. Fasten lids securely. Most will not seal, but it really doesn't matter. These pickles keep perfectly well sealed or unsealed. Let them stand several months before eating.

Yield: Enough liquid mixture for at least 24 pints of pickles, maybe more.



Now, for those of you who want to go to untold trouble to get some really delicious, firm, crisp cucumber slices, here's how Mrs. Marlana Henderson of Greensboro does hers — and it takes two weeks!

## FOURTEEN-DAY CUCUMBER PICKLES

2 gallons cucumbers, cut in 3/4-inch thick slices      2 cups salt  
1 gallon boiling water

Pack cucumber slices in stone jar and pour salt and boiling water over. Cover and let stand 7 days, skimming if necessary.

On the eighth day, drain well; pour 1 gallon boiling water over cucumber slices. Let stand for 24 hours.

On the ninth day, drain again and pour over cucumber slices 1 tablespoon alum and 1 gallon boiling water.

On the tenth day, drain well and make the following syrup to pour over:

## SYRUP FOR CUCUMBERS

5 pints vinegar      Pickling spices (amount desired, perhaps 1/2 small box) tied in cheesecloth.  
6 cups sugar

Bring to boil and pour over cucumber slices.

Drain this syrup and reheat to boiling each day on the eleventh, twelfth, thirteenth and fourteenth days, adding 1 cup of sugar each day when draining and boiling.

On the fourteenth day, put cucumber slices in hot, sterilized jars, cover with hot syrup and seal.

Note: Mrs. Henderson didn't tell me how many this would make. But however many jars it is, it's not enough! I've eaten these and they're completely delicious. I would guess that it will make 12 to 14 pints.



Through the years I've sometimes been tempted to try another watermelon rind pickle recipe other than the one from my husband's mother, Mrs. M. E. Garrison of Easley, S. C. I'm convinced there is no other quite as delicious as hers.

## MRS. GARRISON'S WATERMELON RIND PICKLE

Select large watermelon with as thick rind as possible. Cut off all red and outside green and cut into 1 1/2 to 2 by 1-inch pieces, or of desired size and shape. Soak prepared pieces overnight in:

1 tablespoon slaked lime (comes in small bottles)—calcium hydroxide      1 gallon water

Next day remove from lime water and soak for 5 minutes in:

1 tablespoon alum

1 gallon water

Remove from alum water and simmer for 30 minutes in:

1/2 pound ginger root (be sure you get the whole root)

1 gallon water

Remove from ginger root water and plunge into cold water 7 times. Meanwhile, make the following syrup and simmer rinds in it for 3 hours:

## SYRUP FOR WATERMELON RINDS

16 cups sugar

8 cups vinegar

5 cups water

1 tablespoon whole allspice

1 tablespoon whole cloves

2 sticks cinnamon

(Some pickle-makers tie spices in small cheese cloth bag; I just let them float around with the pickles). Put pickles in hot, sterilized jars, cover with syrup and seal. If your watermelon is extra large, you may need to increase the amount of syrup by one-fourth.

Yield: 10 to 12 pints, if well packed.



Many people have their own pet Peach Pickle recipe. This is Lillian Willard's, it came from Virginia and has gotten raves from everyone who's been lucky enough to be on her gift list.

## LILLIAN'S PEACH PICKLES

9 pounds (after peeling) firm peaches, on green side

3 pounds sugar

1 teaspoon whole allspice

1 stick cinnamon

1 quart vinegar

Put peeled peaches in large enamel pan; pour sugar, spices and vinegar over and let stand overnight.

The next day, put over medium heat, stir with wooden spoon to mix and blend ingredients and let come to boil. As each peach is done, remove to colander to drain. And this, says Lillian, is the secret of good peaches — discard the drained syrup and juices under the peaches in the colander. Do **not** pour it back into the syrup, no matter how you're tempted by its pretty, red color. This, she says, is bitter and takes from the flavor of the peach pickles.

After all peaches have cooked and are draining, continue boiling the syrup until slightly thickened — 30 to 35 minutes.

Pack peaches in hot, sterilized jars, fill jars with hot syrup and seal.

Yield: 4 quarts.



I'm one who pours the drained juices and syrup back, I must admit. But I'll also admit that this recipe I got years ago from Mrs. Robert Caldwell of Mallard Creek community is delicious.



## MRS. CALDWELL'S PEACH PICKLES

- |   |                              |
|---|------------------------------|
| 7 pounds (after peeling), firm peaches, on the green side | 1/2 teaspoon mace            |
| 3 pounds white sugar                                      | 2 small sticks cinnamon      |
| 1 quart white vinegar                                     | 1 tablespoon cloves, whole   |
|   | 1 tablespoon allspice, whole |

Combine sugar, vinegar and spices. Bring to boil; boil for about 15 minutes; add prepared peaches (I don't have a huge pickling kettle, so I just cook 12 to 15 peaches at a time, removing them as soon as they are done) and simmer until fruit is tender — do not overcook. Remove peaches as they get done to colander. When all are done and draining, boil syrup a few more minutes if not quite thick enough. However, if you cook the peaches in relays as I do, the syrup will be just about thick enough when the last peaches have cooked. Return peaches and drained juices and syrup back to other syrup and let fruit heat through. Pack carefully in hot, sterilized jars, cover with syrup and seal. Figure on about 12 to 15 peaches per quart jar, depending on size of peaches and how well you can pack them.

Yield: Approximately 3 to 4 quarts.

Note: I've found you can keep any leftover syrup until you make the next batch, then just add vinegar and sugar according to your judgment, plus a few more spices, if desired.



After the first frost has fallen, those who have them, begin digging for those crisp, flavorful little bulbs known as artichokes. If you've never had any artichoke mustard pickle, you've missed a taste treat. Here is the best recipe I've ever known from Mary Lou McMaster:

## ARTICHOKE MUSTARD PICKLE

- |   |   |
|---|---|
| 8 quarts artichokes (or more), cleaned and coarsely cut | 3 pounds sweet bell peppers, red and green, chopped |
| 1 bunch celery, chopped                                 | 1/2 hard head cabbage, chopped                      |
| 1 large head cauliflower, chopped                       | 1 cup salt  |
| 3 pounds onions, chopped                                | 1 gallon cold water                                 |

Wash and chop vegetables by hand for bite-size chunks, which are best. Don't try to peel artichokes. Simply scrub with stiff brush and wash over and over again. (I sometimes use new steel wire pot cleaner — this gets down in crevices and takes off the outer thin skin of the artichokes very well.) Sprinkle salt over vegetables, pour water over, mix well and let stand for 2 hours. Drain thoroughly and squeeze as dry as possible.

While vegetables are standing make following sauce:

## PASTE

- |                  |                        |
|------------------|------------------------|
| 2 cups sugar     | 1 1/2 cups dry mustard |
| 1 1/2 cups flour | 1 quart vinegar        |

Mix above ingredients thoroughly and cook over medium heat, stirring constantly, until thick and perfectly smooth.

In another large pot or kettle mix:

2 quarts vinegar

5 cups sugar

Put over heat and allow to get hot; add hot paste and blend thoroughly, stirring and mixing until smooth. Add tumeric to get desired color — 1 or 2 teaspoons. Add drained, dry vegetables and bring just to a boil; reduce heat and put in hot, sterilized jars and seal.

Yield: 16 to 18 pints.

Note: Vegetables may be adjusted according to your preference. For instance, I rarely ever use cabbage, but increase artichokes and cauliflower. Or, you do not have to follow amounts of vegetables to the letter. However, if you use full amount of vegetables given above, I'd suggest increasing the amount of mustard sauce by, perhaps, 1/4 to have ample of this creamy, delicious mixture. Mary Lou says she always uses lots more artichokes than the recipe calls for.



Each autumn all members of the family begin looking forward to the chow chow made by Lina Ardrey (Greensboro) and Billie Blakeney (Providence community). Lina says hers came originally from Ella Stone, many years ago, and Billie's came by way of the late Miss Helen Ardrey of Pineville.

Each adds and subtracts and substitutes as she makes her chow chow, and every time it comes out deliciously.

## LINA'S CHOW CHOW

Using medium coarse blade on food chopper, grind:

- |  |  |
|--|--|
| 8 cups cabbage (about 1 large, 1 small head; measure after grinding) | 1 large red, 1 large green sweet bell pepper (medium-coarse blade) |
| 4 cups green, very firm tomatoes (measure after grinding)            | 1 quart Jerusalem artichokes, hand-chopped fine (optional)         |
| 3 medium onions (medium-coarse blade of food chopper)                |  |

Mix the above prepared vegetables in large pot or pickling kettle and add:

- |                               |   |
|-------------------------------|---|
| 1 pound light brown sugar     | 3 level tablespoons hard-ground white pepper    |
| 1 quart vinegar               | Tumeric (several tablespoons) for desired color |
| 1/4 cup salt                  |   |
| 1/3 box (small) celery seeds  |   |
| 1/3 box (small) mustard seeds |   |

Blend thoroughly and put over low heat until mixture begins to boil; turn to medium and simmer, or boil gently, for 20 minutes.

Put in hot, sterilized jars and seal.

Yield: About 8 to 10 pints.

Note: If you put a piece of pepper over the onion as you grind, says Lina, this is easier on your eyes.



If you use artichokes, and this is purely a matter of taste, you will have to delay making this chow chow until after the first frost, since a frost is the signal for digging artichokes.

## BILLIE'S CHOW CHOW

2 large bunches of celery	12 medium onions
7 1/2 pounds cabbage	3 pods hot pepper, or more, depending on taste
1 gallon green, firm tomatoes	
12 bell peppers, part red, part green	

Grind all of the above with medium-coarse blade of food chopper; add 3 cups (that's correct!) salt and let stand overnight. Turn into cloth bag and squeeze as dry as possible (you may let it drain through this bag overnight, if desired). Now add 1 quart of vinegar and 1 quart of water to drained vegetables and let stand overnight. Repeat the thorough draining the next day, using cloth bag and squeezing as dry as possible. Meanwhile, prepare the following:

4 pounds sugar	1 ounce tumeric powder
2 quarts vinegar	Spices, if desired, to your taste

Mix the above thoroughly and bring to boil over medium heat. Pour over drained vegetables and mix well. (Add additional vinegar if needed). Heat through but do not cook. Put in hot sterilized jars and fasten tops securely. It is not necessary that the jars seal, though some of them will, of course.

Yield: 16 to 20 pints, approximately.

Note: Jerusalem artichokes, chopped fine by hand, or ground with coarse blade of food chopper, may be substituted for celery, if desired, or may be substituted for a part of some of the other vegetables.

# Breads

Who has not experienced the pleasure and sense of well-being of stepping across a threshold and sniffing the exquisite aroma of yeast bread baking?

There may be a revival of homemade bread making today. It's a wishful, wistful hope with me. And, I trust, not a forlorn one. Perhaps one or more of these enticing breads that follow in this section will whet your appetite and inspire you to roll up your sleeves and start kneading.

Here, as a starter, is what we affectionately refer to as "Miss Edna's Light Bread." Edna Ross is a popular resident of the Providence community, and there's hardly a family in a radius of 50 miles who hasn't had a loaf of her incomparable yeast bread at one time or another.

## MISS EDNA'S LIGHT BREAD

6 cups flour (not sifted)  
3 tablespoons sugar  
1 tablespoon salt  
1 package dry yeast

1/4 cup tepid water  
1 egg  
2 large rounded tablespoons lard  
Lukewarm water to make dough

Sift together flour, sugar and salt; work in shortening; add yeast which has been dissolved in the tepid water; then add beaten egg. Gradually add lukewarm water to make dough a little stiffer than roll dough. Turn it onto a floured board and knead at least five or six minutes. Place in large greased container, turning once to bring greased side up; cover and let rise in warm, draft-free spot until double; punch down and let rise again until almost double in bulk.

Turn onto floured board and work lightly, but do not knead. Mold into two loaves and place in greased loaf pans. Grease tops. Cover and let rise in warm, draft-free place to top of pans. Bake in 325-degree oven for about 50 minutes; brush tops with lard and let bake 5 to 10 minutes longer for a nice, brown crust. Remove bread immediately from pans. Place on wire rack for cooling. Do not place in draft or crust will crack.

Yield: 2 loaves.

If wholewheat loaves are your preference, I believe you'll love these made with honey. I'll bet I've made 2,000 of them in the past five or six years.

## HONEY WHOLEWHEAT BREAD

1 package dry yeast	2 tablespoons shortening, rounded
1 cup lukewarm water	1/2 cup honey
1 cup milk, scalded	3 cups wholewheat flour
1 tablespoon salt	3 cups white flour

Dissolve yeast in cup water, adding a sprinkling of sugar to make it foam more quickly; cream shortening, salt and honey together. Pour scalded milk over this mixture, stirring to blend and to melt shortening; cool to lukewarm and add yeast. Add flour and mix to medium-stiff dough — stiffer than for rolls. Knead on lightly floured board until smooth and satiny. Put in large greased bowl, turning once; cover and let rise in warm, draft-free place until double in bulk. Turn out onto board, work lightly, but do not knead, divide in half and form into two loaves; put in greased loaf pans, cover and let rise in warm, draft-free place until dough is up to the top of pans.

Bake in 350-degree oven about 45 to 50 minutes, or until deep brown.

Yield: 2 loaves.

Note: This bread is an excellent keeper.



If you'd like to be a production baker, you couldn't find an easier, more delightful recipe than Mama's Homemade Bread that I got from Annis Lucas and that she got from her Mama, Mrs. Madeline Ritch. It makes five thick, golden, luscious loaves at one time.

## MAMA'S HOMEMADE BREAD

5 pounds White Goose flour	2 heaping tablespoons salt
3 packages dry yeast	1 1/4 to 1 1/2 cups sugar
5 cups lukewarm water	1 cup shortening

Sprinkle yeast and 2 tablespoons of sugar over lukewarm water and let work until puffy. Meanwhile, sift flour, sugar and salt into large container (a roaster with top is a good one). Make "well" in center of flour and put shortening in it; pour yeast mixture over top of shortening and work with hands until well blended and then turn out onto lightly floured board to knead. (A bit more water may be necessary to mix dough to right consistency — it should be fairly stiff.) Knead dough until smooth and satiny and not sticky — 8 to 10 minutes. Grease top of dough, put in large container (roaster), cover and let rise in warm, draft-free place until double in bulk (will take approximately 2 hours, maybe less). Work down, but do not knead, divide into 5 equal parts and form into loaves. Put into greased loaf pans, cover and let rise to top of pans in warm, draft-free place. (About another 2 hours.) Bake in 350-degree oven for 15 minutes; reduce to 325 and continue baking 40 to 45 minutes, or until golden brown.

Yield: 5 loaves.



When Betty and Jack McCachern are entertaining a crowd — and that's often — there's always Betty's famous Herb Bread on the food list. It's not hard to make.

## BETTY'S HERB BREAD

1 package dry yeast  
1/4 cup warm water  
3/4 cup milk, scalded  
2 tablespoons sugar  
1 1/2 teaspoons salt  
2 tablespoons shortening

1 beaten egg  
1/2 teaspoon nutmeg  
1 teaspoon ground sage  
2 teaspoons caraway seeds  
3 to 3 1/2 cups sifted enriched flour

Soften yeast in warm water; combine hot milk, sugar, salt, and shortening; cool to lukewarm. Add yeast mixture and blend well; add egg, nutmeg, sage and caraway seeds, plus 2 cups of the flour; beat until smooth. Add enough of remaining flour to make a moderately soft dough. Knead on lightly floured surface until smooth and elastic — about 8 minutes. Place in lightly greased bowl, turning once to grease entire surface. Cover and let rise in warm place until double in bulk — about 1 1/2 hours. Punch down; cover and let rest 10 to 15 minutes. Shape into round loaf and place in greased 8 or 9-inch pie plate. Cover and let rise in warm place until double — about 1 hour.

Bake in 400-degree oven approximately 35 minutes, or until done.

Yield: 1 loaf.



Here's what David Marrash wrote about his wife Margaret's homemade bread, and her recipe for Saturday Loaves follows:

"Now I don't know how she does it, or what mystic elixir is involved, but I do know that my wife concocts the most finely textured, the most aromatic, the most tasty bread I have ever eaten."

## SATURDAY LOAVES

2 cups boiling water  
1/3 cup sugar  
1 tablespoon salt  
1/3 cup shortening  
2 packages dry yeast

1/4 cup lukewarm water  
1 teaspoon sugar  
2 eggs  
8 cups plain flour

Mix first four ingredients and cool to lukewarm.

Mix next three ingredients and let stand while first mixture cools: combine two mixtures and add beaten eggs. Add 4 cups of flour and beat thoroughly. Add remaining 4 cups of flour and mix well, but do not knead. Put in large bowl; cover and store in refrigerator for several hours — can be less. Remove from refrigerator, make into loaves (3 regular or 4 smaller) and place in well-greased pans. Cover and let rise in warm, draft-free place for about two hours. Bake in 375-degree oven for approximately 40 minutes.

Yield: 3 or 4 loaves.

Here's a bake-off winner one year that has made the bread circuit for about five years now. Mrs. Frank H. Schnuelle of Crab Orchard, Nebraska originated it:

## DILLY CASSEROLE BREAD

1 package dry yeast	2 teaspoons dill seeds
1/4 cup warm water	1 teaspoon salt
1 cup creamed cottage cheese, heated to lukewarm	1/4 teaspoon soda
2 tablespoons sugar	1 unbeaten egg
1 tablespoon instant minced onion	2 1/4 to 2 1/2 cups all purpose flour (enough to form stiff dough)
1 tablespoon butter	

Soften yeast in warm water; in mixing bowl combine the next eight ingredients, blend; add softened yeast and mix; add the flour to form stiff dough, beating well after each addition. (For first addition of flour, you may use mixer on medium speed, if desired.) Cover dough and let rise in warm, draft-free place until doubled in size — at least 60 minutes.

Work or stir down; turn into well-greased 8-inch round (1 1/2 to 2-quart) casserole; cover and let rise in warm, draft-free place until light — 30 to 40 minutes.

Bake in 350-degree oven 40 to 50 minutes, until golden brown. Brush with soft butter and sprinkle with salt.

Yield: 1 round loaf.



Ernst Hostettler is a native of Switzerland who has lived in America for the past 17 years. He loves America but not our bread. "Bread from your refined flour tastes like sweet cotton," he says with a twinkle. Then tells how he tries to reproduce the bread of his native land. It is coarse and delicious.

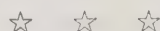
## ERNST HOSTETTTLER'S WHOLEWHEAT BREAD

In large bowl, put 6 to 8 cups wholewheat flour; make "well" in center and sprinkle 1 package dry yeast in well; pour 1 cup lukewarm water over yeast and let stand until yeast is foamy, or about 15 minutes.

Add 1 to 1 1/2 tablespoons salt to yeast and water in well and start mixing dough, using additional lukewarm water to make stiff dough. Knead dough on lightly floured surface for 15 to 20 minutes, or until satin-smooth. Divide dough in half and put in 2 greased loaf pans. Press to sides and corners of pans for even rising; cover and let rise in warm, draft-free place until doubled in bulk — 1 1/2 to 2 hours.

Bake in 350-degree oven for 50 to 60 minutes, reducing heat to 325 after first 15 minutes.

Yield: 2 loaves.



When Greeks get their hands on eggs, butter, sugar and flour, plus a few

spices, almost anything can happen and all are luscious. Mrs. Bill Gus Karras gave me a recipe for Tsourekia (Easter Bread) one year and those who made it will never forget it.

## TSOUREKIA

1 cup butter	2 or 3 bay leaves
7 eggs	1 teaspoon whole cloves
1 cup milk	1 stick cinnamon
1 cup sugar (or more if desired)	1/2 cup water (for boiling bay leaves and spices)
2 teaspoons salt	10 cups flour, approximately, to make fairly stiff dough
2 packages yeast	
1/2 cup warm water	

Melt butter; dissolve yeast in 1/2 cup warm water; boil bay leaves and spices in 1/2 cup water for 15 minutes; strain.

Mix together melted butter, slightly beaten eggs, sugar, milk, dissolved yeast and 1/2 cup water strained from spices.

Add flour, sifted with salt, and work with hands to make fairly stiff dough — more or less flour may be needed. Knead dough on lightly floured surface until smooth and not sticky. Put in large container, cover and let rise in warm, draft-free place until doubled in bulk. Punch down, form into 3 loaves — round or rectangular. Put in greased pans, cover and let rise in warm, draft-free place until almost doubled in bulk. Bake in 350-degree oven about 1 hour and 15 minutes, or until brown.

Yield: 3 loaves.

Note: When Mrs. Karras makes this delicious bread at Easter, she takes small pieces of dough and forms a cross in the center of each round loaf, and in the center of the cross, she puts an egg, dyed red. "Yes," she says, "the dye from the egg comes off on the bread, but you just cut this part off when you eat it."



Nell Clinkscales of Spartanburg, S. C., knows good food and serves it. Bran Rolls, given below, are an example of her excellent cuisine:

## NELL'S BRAN ROLLS

1/4 cup sugar	1 package dry yeast
1/2 cup shortening	3 cups flour (approximately)
1/2 cup all bran	1 teaspoon salt
1/2 cup boiling water	1 egg
1/2 cup lukewarm water	

Cream shortening and sugar; add all-bran and boiling water and mix together well; meanwhile, dissolve yeast in 1/2 cup of lukewarm water. When first mixture is cool and yeast is foamy, combine them, along with slightly beaten egg; blend.

Sift together salt and flour and add to other mixture to make soft dough, blending thoroughly. Cover and refrigerate several hours or over-



night. Roll dough on lightly floured board to about the thickness of biscuits. Cut with biscuit cutter, brush tops with melted butter or margarine, fold as for pocketbook rolls, and put in lightly greased shallow pans or on baking sheets. Cover and let rise in warm, draft-free place for an hour or two. Bake in hot oven (450 to 475 degrees) until done and golden brown — about 10 to 15 minutes.

Yield: Approximately 2 1/2 to 3 dozen rolls, depending on size.



Ginny Finn is known for many sumptuous things that come from her kitchen. Perhaps none is more delectable than:

## GINNY'S BROWN-AND-SERVE BUTTER ROLLS

2 packages dry yeast  
1/4 cup warm water  
1 1/2 cups milk  
1 tablespoon sugar  
1 teaspoon salt

5 1/2 cups (about) sifted flour  
1 cup butter, divided into 3 equal parts and frozen hard  
1 egg  
2 tablespoons milk

In large mixing bowl, dissolve the yeast in warm water; scald milk; into it stir sugar and salt and cook to lukewarm; stir into dissolved yeast. Add enough of the flour to make a moderately stiff dough, mixing first with spoon, then with hands. Turn out onto lightly floured surface and knead until smooth and satiny — 5 to 8 minutes. Shape into ball and place in greased bowl, turning once to grease entire surface. Cover and let rise in warm, draft-free place until doubled in bulk — about 1 hour. Punch down and let rest 10 minutes.

Roll "rested" dough out on lightly floured surface to about an 18 by 12-inch rectangle. With coarse grater, grate one of the three portions of frozen butter over the center third of the dough. Fold over right third of dough to cover butter; fold left third of dough under buttered section. With rolling pin, gently seal the three open edges; wrap in waxed paper and chill 1/2 hour. Remove from refrigerator and place dough on lightly floured surface with buttered fold on top, narrow width toward you. Turn one-quarter way around so open edge is away from you. Roll out to 18 by 12-inch rectangle. Repeat procedure for buttering, folding, sealing and chilling with second portion of butter, then with third portion.

After third and last chilling, cut dough in half, or thirds, crosswise; seal cut edges. Roll out one portion of the dough at a time, keeping second half or other thirds refrigerated, to 1/8-inch thickness, patting gently the four corners to round their edges. Cut into 12 wedges, as for a pie. Even the two long sides of the wedges by pulling gently where necessary. Beginning at the wide end, roll up each wedge without pressing down. Beat egg and milk to combine; brush rolls with mixture; place on large greased shallow pans (such as jelly roll pan) with points of rolls under (to keep sealed); cover and let rise in warm, draft-free place for about 1 hour. Brush again with egg mixture. Bake in 425-degree oven less than 10 minutes, or until the rolls "set up" and **barely** begin to brown. Remove, cool, wrap for freezing and freeze. When ready to serve, remove from freezer, unwrap, put on baking sheet and bake for 8 to 10 minutes in 425-degree oven.

Yield: 2 to 3 dozen rolls, depending on size.

Note: Dough could be divided into 4 parts when ready to roll out and cut in wedges, and make 4 dozen rolls.



This next delicious yeast biscuit made with buttermilk has several names and several methods are used in making. Here's what Mrs. Mansfield Latimer, camelia expert from Rock Hill calls:

## REFRIGERATOR BISCUITS

3 cups flour	6 tablespoons shortening
3 teaspoons baking powder	1 package yeast
3 teaspoons sugar	1/4 cup lukewarm water
1 teaspoon salt	Buttermilk to make soft dough

Soften yeast in lukewarm water; sift together flour, baking powder, sugar and salt; cut in shortening. Add dissolved yeast and enough buttermilk to make soft dough. Put in bowl, cover and refrigerate overnight. Next day, roll out as for biscuits and cut with biscuit cutter; brush top with melted butter, margarine or soft vegetable shortening. Cover and let rise in warm, draft-free place for 30 to 45 minutes. Bake for 5 or 6 minutes in 400-degree oven until just "set up" and barely flecked with brown. Remove from oven, cool, wrap and freeze.

When ready to serve remove from freezer and cook for about 5 or 6 minutes in 400-degree oven.

Yield: About 3 dozen biscuits.

Note: This dough will keep for 4 or 5 days refrigerated and can be made out and baked, after rising, as needed instead of pre-baking and freezing.



Another version is called Angel Biscuits and has appeared in numerous food columns and cookbooks. This below is from Favorite Recipes of the Carolinas:

## ANGEL BISCUITS

1 package dry yeast	1 teaspoon salt
2 or 3 tablespoons warm water	1 teaspoon soda
5 cups all-purpose flour	1 cup shortening
3 to 5 tablespoons sugar	2 cups buttermilk
1 tablespoon baking powder	

Dissolve yeast in warm water. Sift flour, sugar, baking powder, salt and soda together; cut in shortening and stir in yeast mixture and buttermilk to make a dough that can be handled. Roll out on floured board; cut with biscuit cutter and brush tops with melted shortening or butter if desired. Put on baking sheets and bake in 400-degree oven 10 to 20 minutes, or until golden brown. (Or partially bake, cool, wrap and freeze as suggested in the Refrigerator Biscuits recipe.)

Yield: 4 to 6 dozen biscuits, depending on size.

This dough, too, may be refrigerated and kept for several days using amount desired at different times. But biscuits must be allowed to rise before baking if dough has been refrigerated. It is not necessary to let them rise if cooked immediately after making up dough.



Denver Biscuits, says Mrs. Curtis B. Johnson, have a very special taste and texture and she attributes to them the top place in the yeast bread division. The recipe below, she says, originated with the late Mrs. Charles Walker. "Everything that came from her kitchen was the very best," says Mrs. Johnson:

## DENVER BISCUITS

1/2 cup mashed white potatoes	1/2 cup lard
2 cups scalded milk	1 teaspoon salt (or more)
1/2 cup sugar	1 package yeast
1 teaspoon baking powder	1/2 cup lukewarm water
1/2 teaspoon soda	6 cups flour, sifted

Put potatoes and shortening together in large bowl and pour scalded milk over; blend until shortening is melted and let cool. Dissolve yeast in the lukewarm water and add to cooled mixture. Sift flour, sugar and other dry ingredients and add to mixture, stirring to make soft dough. Mix thoroughly, cover and let rise in warm, draft-free place until doubled in bulk. Work down, roll out on lightly floured surface (working with half the dough at one time, if desired) to about the thickness of regular biscuits. Cut with biscuit cutter, brush with butter and either fold over as for pocketbook rolls, or allow to stay in biscuit shapes. Put on greased baking sheets or shallow pans, cover and allow to rise in warm, draft-free place until almost twice the size.

Bake in hot (450 to 475-degree oven) for a few minutes, just until "set" but not brown, remove from oven, cool, wrap well and freeze. When ready to use, finish the pre-baked biscuit in a 450 to 475-degree oven for 5 or 6 minutes, or until golden brown. Brush with butter when putting them in for final baking. Mrs. Walker sprinkled with salt, too, says Mrs. Johnson.

Yield: 5 or 6 dozen biscuits, depending on size.

Note: Of course, these Denver Biscuits do not have to be pre-baked and frozen. The dough can be refrigerated and used as needed. It will last several days like this, but Mrs. Johnson thinks the best results are to pre-bake and freeze. They taste more like freshly risen biscuits this way, she believes.



# Vegetables and Salads

Most meal planners will tell you they can manage the entree and dessert nicely, but often are stumped when it comes to different ways to prepare vegetables. And they always welcome another salad to add to their repertoire.

The vegetable dishes and salads that follow are certainly not new or revolutionary. But they are practical and enjoyable, and maybe one or more you'll find that you've never tried. There's always this word of caution: **Don't** overcook vegetables!

This Eggplant Parmigiano is a meal-in-a-dish, even though it doesn't have meat in it (unless you want to try it sometime with either ground beef or veal instead of the mushrooms.) And I don't know where I got it, I only know it's tasty.

## EGGPLANT PARMIGIANO

- |  |   |
|--|---|
| 1 large or 2 small eggplants             | 2 small cans tomato sauce, seasoned with oregano, parsley flakes, dash garlic salt and red pepper |
| 1 or 2 eggs, beaten                      | 1 large can mushrooms, drained  |
| Salt and pepper to taste                 | Corn oil and butter   |
| 1/2 pound mozzarella cheese, sliced thin |   |
| 1/4 cup grated Parmesan cheese           |   |

Peel eggplant, cut in thin slices, dip in beaten egg and fry lightly in hot oil until brown. Drain on paper. Saute mushrooms in butter.

Butter medium shallow casserole and put layer of eggplant, season with salt and pepper, cover with sauce, layer with mushrooms, sprinkle with Parmesan cheese, and cover with slices of mozzarella cheese.

Repeat until ingredients are used, ending with mozzarella cheese.

Bake in 350-degree oven 15 to 20 minutes, or until cheese is melted and bubbly.

Yield: 6 servings.

Note: Veal may be used in place of the eggplant, very thin slices, and dip veal in egg, then in breadcrumbs before browning in oil. If ground beef is used instead of mushrooms, about 1 pound will be sufficient.

I'm not sure where this next rice dish came from either, but I think from my cousin-cook in Charlottesville. It's a good partner for meat, fish or fowl:

## ORIENTAL RICE

1 cup brown rice	1 tablespoon chopped onion
1/2 stick butter	2 cups boiling water
Pinch of salt	3 bouillon cubes
2 tablespoons chopped green pepper	1 can water chestnuts, drained

Brown rice in butter over high heat, stirring constantly; add salt, green pepper and onions and blend. Then add water that has been poured over bouillon cubes and simmer for 20 to 30 minutes. Turn into buttered casserole and bake in 350-degree oven for about 15 minutes; increase oven to 400, cover and continue baking about 30 minutes. Ten minutes before removing from oven, add drained water chestnuts, and mix in rice.

Yield: 4 to 6 servings.



And I do know where this next came from — one of the best cooks in the area, Pherba Walker. Two enticing dishes following this next one are from her well-stocked recipe files also. Don't prepare this rice dish unless you're having a crowd, says Mrs. Walker. It truly could serve as an entree:

## RICE DELUXE

3 cups (barely) cooked rice, seasoned with salt	3 tablespoons slivered almonds
4 tablespoons butter, melted	1 cup small green peas, drained
1/2 cup onion, chopped	1 can cream chicken soup
1/2 cup celery, chopped	1/2 soup can sherry
1 cup mushrooms, drained	1/2 cup cream
3 tablespoons chopped pimiento	1 cup sharp cheese, grated

Mix sherry, soup and cream together and blend; saute onions, celery and mushrooms in melted butter in heavy skillet; blend all ingredients together except grated cheese. Put in large buttered casserole and sprinkle cheese over top. Bake in 350-degree oven for 20 to 30 minutes, or until cheese is melted and bubbly.

Yield: 8 to 10 servings.

## STUFFED CARROTS

2 tablespoons butter	Salt and pepper to taste
2 tablespoons flour	Cracker crumbs
1/2 cup milk	6 to 8 large carrots, scraped and cooked just until tender
1/2 cup sharp cheese, grated	

Make sauce of butter, flour and milk, salt and pepper, cooking and stirring until smooth and thick. Add cheese and stir until melted; cool slightly.

Cut through cooked carrots lengthwise, removing hard core in center. Fill with sauce. Sprinkle with rolled cracker crumbs and run under broiler until lightly browned.

Yield: 6 to 8 servings.

## SPINACH RING

1 1/2 cups cooked, sieved spinach	1 tablespoon grated onion
2 tablespoons butter	Juice of 1 lemon
2 tablespoons flour	Dash each Tabasco and worcester-shire
Salt and pepper to taste	2 eggs, separated
1/2 cup milk	

Make white sauce of butter, flour, milk, seasoning to taste with salt and pepper, and cooking and stirring until thick and smooth; beat egg yolks and add gradually to sauce. Then add grated onion and spinach, lemon juice and other seasonings. Cool. Fold in stiffly beaten egg whites and turn into greased 1-quart ring mold. Set in pan of water and bake in 350-degree oven about 30 minutes. Turn out onto warm platter to serve and fill center with lima beans. (This is a pretty companion vegetable to the stuffed carrots.)

Yield: 6 to 8 servings.



Everybody has her own way of making a squash casserole, but here's a standby that you can "doctor" or leave as is, since it's quite satisfying:

## SQUASH-CHEESE BAKE

2 1/2 to 3 cups sieved cooked squash (about 8 yellow squash)	1/2 cup half and half
2 tablespoons <u>each</u> butter and chopped onion	1/2 cup rolled cracker crumbs
Salt and pepper to taste	3 eggs, separated
	3/4 cup grated sharp cheese
	Buttered bread crumbs

Saute onion in melted butter until transparent; add to mashed squash along with half and half, cracker crumbs, cheese and egg yolks, which have been slightly beaten. Season to taste with salt and pepper and cool mixture; beat egg whites until stiff and fold into squash mixture carefully. Put in medium-shallow buttered casserole, sprinkle with buttered bread crumbs and bake in 350-degree oven 20 to 30 minutes.

Yield: 6 to 8 servings.



If beans go begging at your house at times, for a change from the boiling with streak-of-lean-streak-of fat method, try Frenching them and sparking with bacon and onion.



## FRENCHED BEANS WITH BACON

1 1/2 pounds green beans, Frenched	Salt and pepper to taste
1/4 cup finely chopped onion	2 tablespoons melted butter
4 or 5 strips of bacon, cooked crisp and crumbled	

Cook beans and onions in small amount of salted water just until tender—do not overcook; they should be crisp-tender. Drain well; add melted butter and toss lightly; adjust seasoning and add pepper, if desired. Put in hot serving dish and sprinkle hot crumbled bacon over.

Yield: 6 servings.

Note: Sour cream — about 1/2 cup — may be added to beans after they have been drained, then heated through, before sprinkling bacon on top to vary the dish, if desired.

☆ ☆ ☆

I've never known the time when Hamlin Wade of Chapel Hill couldn't give a good recipe that I can always count on. Her recipe for Marinated Beans is not new, but of all those versions going around, I believe I like her simple method best.

## HAMLIN'S MARINATED BEANS

2 cans blue lake green beans, drained	1 cup vinegar
1 can kidney beans, drained	1/2 cup sugar
1 cup vegetable oil	4 medium onions, sliced

In deep, covered dish, put layer of beans, layer of onions until ingredients are used. Sprinkle sugar over all (add some coarsely ground pepper, if desired). Pour vinegar and oil over all and toss lightly. Cover and let stand at least 24 hours, turning carefully at intervals.

Yield: 6 to 8 servings.

☆ ☆ ☆

Do you know how to cook green cabbage? It's shorter than you think.

## STEAMED-BOILED CABBAGE

1 small head green cabbage, finely slivered	Salt to taste and lots of coarse-ground black pepper
1 teaspoon bacon drippings or butter	About 1/2 cup boiling water

Put bacon drippings or butter in boiling water, along with salt and pepper; add finely slivered cabbage (cut as finely, almost, as for slaw), and with wooden spoon, push cabbage down until emersed in water, or nearly so. Put cover on saucepan, reduce heat, and steam-boil for about 5 or 6 minutes, or just until crisp-tender. Do not overcook. It may take less than 5 minutes, depending on the cabbage. And the water may have to be adjusted, depend-

ing on the amount of cabbage you're cooking. I never measure. Be sure and use heavy saucepan with tight-fitting top.

Yield: 6 to 8 servings.



Mrs. Julian (Charlotte) Creighton is a knowledgeable person when it comes to any number of things, and cooking is included. The next three recipes are from her bulging files.

## BAKED TOMATOES

6 firm tomatoes	1 onion, grated
2 cups bread crumbs	2 tablespoons tomato catsup
1/2 cup melted butter	Salt and pepper

Mix bread crumbs, butter, onion, catsup and salt and pepper to taste. Cut out core from stem end of each tomato. Stuff cavity with bread crumb mixture, mounding it high. Place stuffed tomatoes in baking dish. Add salt, pepper and 1 tablespoon butter to 1 cup hot water. Pour this seasoned water in bottom of baking dish. Bake tomatoes 30 to 40 minutes in 350-degree oven. Press some of juice from the scooped out bits of tomato and use several times to baste them as they bake.

Yield: 6 servings.

## CREOLE EGGPLANT

1 large or 2 small eggplants	3 tablespoons butter
1 cup tomatoes	1 small onion
1 cup sharp grated cheese	1 teaspoon baking powder
1 cup bread crumbs	Salt and pepper

Peel and steam eggplant until tender; melt 2 tablespoons of the butter in skillet and saute onion in butter; add tomatoes and simmer a few minutes; combine this mixture with eggplant, cheese, 3/4 cup of bread crumbs, salt and pepper to taste. Then add baking powder and put in buttered casserole. Top with remaining crumbs and remaining tablespoon butter. Bake at 350 degrees until lightly browned. (This freezes well)

Yield: 6 to 8 servings.

Note from Mrs. Creighton: "Ella Schuler, who cooked for Mrs. J. M. Oldham many years ago, worked out this recipe and entered it in a Charlotte Observer contest and won a prize. Several people who use it call it 'Ella's Prize'".

## CORN PUDDING

1 pint cut and scraped corn	2 tablespoons butter
4 eggs	Salt and pepper to taste
2 cups light cream or half and half	

Cut and scrape corn as for cream-style corn (about 6 ears will make 2 cups). Beat the eggs; scald the cream. Mix corn, eggs, butter, salt and pepper. Pour hot cream over corn mixture. Pour into buttered casserole and place in pan of water. Bake in 350-degree oven for 30 to 40 minutes.

Yield: 5 to 6 servings.



If you're nice and skinny, I can recommend highly:

## POTATO PANCAKES

2 eggs	1 teaspoon salt
3 cups grated raw white potatoes, drained perfectly dry	1/4 teaspoon pepper
4 tablespoons grated onion	2 tablespoons cracker meal
	1/2 cup butter or vegetable oil

Beat eggs; add potatoes, onion, salt, pepper and cracker meal; blend. Heat half the fat in heavy skillet and drop potato mixture by tablespoons into hot fat. Fry until brown on both sides. Add more fat as needed in skillet, and keep pancakes hot until all are fried. Serve hot with sour cream or applesauce.

Yield: 6 to 8 servings.

Note: I have no idea from whom I got this, but I only know the pancakes are delicious. I wish I could recognize the handwritten recipe in my precious file box that dates back for years.



This next I put among vegetables with tongue in cheek since it is fruit. But it is baked, and served as a meat companion and takes the place of a vegetable, so why not? It is a favorite with everybody who eats it and comes from Grace Garrison in Easley, S. C.

## SHERRIED HOT FRUIT CASSEROLE

1 large can sliced pineapple	2 tablespoons flour
1 large can peach halves	1/2 cup sugar
1 jar apple rings	1 stick butter
1 large can pears	1 cup sherry
1 large can apricot halves	

(When I say "large" can, I do not mean the very largest; but not the small can — maybe I should say medium can.) Drain all fruits. Cut pineapple and peaches in halves and arrange fruit in layers in large medium-shallow casserole. In double boiler heat butter, sugar, flour and sherry over boiling water, cooking and stirring until about as thick as cream. Pour over fruit and let stand in refrigerator over night. Before serving, bake in 350-degree oven about 20 minutes, or until heated through and bubbly.

Yield: 12 to 14 servings.

Note: This is a magnificent holiday or buffet dish for a party and especially good with roast loin of pork.



Here's another from Grace that is also a baked fruit, but it is more simple to prepare and is curried.

## CURRIED BAKED FRUIT

1 large can each pineapple, peaches and pears, drained      1 tablespoon curry powder  
1/3 cup butter, melted      2/3 cup brown sugar

Put fruit in layers in casserole and sprinkle with butter, curry powder and brown sugar. Bake for about 1 hour in 350-degree oven.

Yield: 6 to 8 servings.



Maybe these next two gems are a bit misplaced in the vegetable section, but they are the invaluable vegetable sandwich fillings for which I get calls constantly. One comes from Mrs. Boyce Hunter, the other from Mrs. L. M. Carr, and both are superb. I can never decide which is my favorite — they both are.

## MRS. CARR'S VEGETABLE SANDWICH FILLING

2 medium ripe tomatoes, cut fine      1 cup finely cut celery  
1 large cucumber, very finely chopped      2 tablespoons finely chopped green pepper  
1 small onion, grated  
1 cup grated cabbage

Add salt to taste, and at least 1 teaspoon of black pepper — maybe even more. Cover with vinegar and let stand 1 hour. Drain well. If you're going to use the filling immediately, you may mix the mayonnaise with it. If you plan to use it at different intervals, it may be stored in a covered container in the refrigerator without the addition of the mayonnaise. In fact the mayonnaise may be spread on bread and not mixed with sandwich filling. Mrs. Carr says it is the black pepper, used generously, and the vinegar that give the vegetables a good keeping quality. It will not deteriorate if refrigerated, covered, for several days.

Yield: Filling for about 3 dozen sandwiches, standard size.

Note: Cabbage may be omitted, if desired, and other ingredients increased proportionately to substitute for the cabbage.

## MRS. HUNTER'S VEGETABLE SANDWICH FILLING

2 whole ripe tomatoes      1 1/2 tablespoons plain gelatin  
1 green pepper      1/2 cup boiling water  
1 cucumber      Salt and pepper to taste  
1/2 medium onion

Chop vegetables fine (or run them through medium-coarse blade of food chopper if you prefer). Add salt and pepper to taste. Soak gelatin in small amount of cold water, then add 1/2 cup boiling water and stir to dissolve; let cool and add vegetables, mixing thoroughly. Let mixture stand in refrig-

erator overnight or until congealed. When making sandwiches, stir amount of mixture to be used with fork, spread both sides of sandwich bread (use one slice wholewheat, one white for nice sandwich) with mayonnaise and spread generously with sandwich mixture.

Yield: Approximately 3 dozen sandwiches, standard size.



From the Nashville, Tenn. Junior League's cookbook, there's a Chestnut Casserole that everybody should have.

## CHESTNUT CASSEROLE

3 pounds large chestnuts  
1/2 cup flour  
Mace and salt  
Cayenne pepper

2 pints chicken stock  
1/2 cup butter  
Buttered bread crumbs

Boil chestnuts in salted water for 15 or 20 minutes. When tender, open and scrape off brown skin. Melt butter, stir in flour and gradually add stock, cooking and stirring until smooth and thickened. Add seasonings to taste. Mix with chestnuts that have been cut in halves, if desired, adjust seasonings, turn into buttered casserole and top with buttered crumbs, or dry crumbs and dot with butter. Bake in 350-degree oven until bubbly and lightly browned. (Mrs. William E. Norvell, II)

Yield: 8 to 10 servings.



There is nothing more appealing — and satisfying — as a well-made Greek Salad. For a ladies' luncheon you need serve nothing else except bread, beverage and dessert. This is my version:

## GREEK SALAD

1 large head lettuce, or 1 1/2 medium heads  
3/4 pound feta cheese  
2 cans anchovies  
10 to 12 large black olives  
2 small, firm tomatoes

2 small cucumbers  
1/2 to 3/4 cup pickled pepperocini peppers  
2 spring onions  
Oregano, salt and pepper to taste  
Olive oil and vinegar

Wash, core and dry lettuce; begin building this salad on a tray or oblong platter. Start with thin layer of broken pieces of lettuce; use hands to tear off in bite-size pieces. On top of lettuce put layers of thinly sliced tomatoes, cucumbers and onions; then put sliced olives, anchovies, pepperocini and lots of chunks of feta cheese (this is one of the secrets to a good Greek salad — plenty of feta cheese. You can buy it locally at many different markets.) Sprinkle with oregano, lightly with salt and pepper, and continue building the salad in the same layers until all ingredients are used. (You can add such items as thinly sliced radishes, green peppers, a few capers, if you like. Also, you can use any amounts of the foregoing you desire. Each Greek salad may be the original creation of the salad maker.)

Just before serving, carefully pour over a small amount of olive oil and vinegar — it doesn't need much, and can quickly become too oily.

Yield: 8 to 10 servings.



Mrs. E. O. Hull of Rock Hill is a marvelous cook as well as a favorite with everybody. Here's Aunt Sara's easily made and completely delicious:

## **GOLDEN APRICOT SALAD**

- |   |  |
|---|--|
| 1 package apricot jello                     | 3/4 cup boiling water                              |
| 1 medium can apricots, drained              | 1 cup drained pineapple and apricot juice combined |
| 1 small can crushed pineapple, drained      | Juice of half a lemon                              |
| 1 small can mandarin orange slices, drained |  |

If apricots are whole, with seeds, remove seeds and cut apricots in chunks or slices. Dissolve jello in boiling water; add pineapple and apricot juices and stir to blend; add lemon juice. Cool and then add drained fruits. Put in individual or one large mold and refrigerate until firm.

Yield: 6 to 8 servings.



This next salad is full of vitamins, full of flavor, appeals to children and will satisfy the sweet tooth if you're counting calories.

## **COCONUT-CARROT SALAD**

- |  |                                   |
|--|-----------------------------------|
| 1 1/2 to 2 cups raw grated carrots (coarsely grated) | 1 1/4 cups miniature marshmallows |
| 3/4 cup drained crushed pineapple                    | 1/3 cup raisins                   |
| 3/4 cup tender flaked package coconut                | 4 or 5 tablespoons sour cream     |

Mix all the ingredients and toss lightly with sour cream. (This one, too, you may take liberties with ingredients, adding and subtracting as you desire. The above proportions were arrived at when I stopped to measure one time as I made. Usually, I just toss this together with whatever is on hand.)

Yield: 4 to 6 servings.



Mrs. Louise W. Patton says a favorite with her friends and family always has been a hearty vegetable salad, easy to put together and delightful.

## **MRS. PATTON'S VEGETABLE SALAD**

- |   |   |
|---|---|
| 1 large can green lima beans, well drained          | 1 large onion, chopped fine                 |
| 1 large can green beans, well drained               | Salt and pepper to taste                    |
| 1 large can green peas, well drained                | 1 tablespoon prepared mustard OR            |
| 1 bunch celery (discard outer stalks), chopped fine | 2 tablespoons mustard-based cooked dressing |
|   | 3/4 to 1 cup mayonnaise                     |



Have canned vegetables completely drained and chilled — drain and refrigerate overnight, if desired. Mix mustard or mustard-based dressing with mayonnaise and fold lightly into vegetables that have been combined and seasoned with salt and pepper in large bowl. (Be sure that everything is thoroughly chilled.) Garnish with salad greens.

Yield: 8 to 10 servings.



Agnes Nelson brought the following to a Book Club covered dish supper once and it made a tremendous hit. The combination of flavors and ingredients is enticing.

## SUNNY SEAS SALAD

- |                          |  |
|--------------------------|--|
| 1 package lemon jello    | 1/2 teaspoon grated onion              |
| 1 cup boiling water      | 1 1/2 cups cooked shrimp, coarsely cut |
| 3/4 cup cold water       | 1/2 cup quartered, sliced cucumbers    |
| 1 tablespoon vinegar     | 1 to 2 tablespoons diced pimiento      |
| 1/2 teaspoon salt        |  |
| 1 tablespoon horseradish |  |

Dissolve jello in hot water; add cold water, vinegar and salt. Cool. Fold in remaining ingredients, turn into mold and chill until firm.

Yield: 6 servings.



Salads wouldn't be complete without dressings, so here are several choice ones from the experts. The first is the pride of Col. Jake Houston, his own original and now famous concoction.

## JAKE'S BLUE CHEESE ROQUEFORT DRESSING

- |                              |                                    |
|------------------------------|------------------------------------|
| 3 ounces Roquefort cheese    | 1 teaspoon celery seeds            |
| 4 ounces blue cheese         | 1 teaspoon garlic salt             |
| 2 cups commercial mayonnaise | Generous dash monosodium glutamate |
| 2 tablespoons wine vinegar   | Generous dash parsley flakes       |
| 1 to 2 tablespoons olive oil | Juice 1 lemon                      |
| 5 or 6 "shakes" celery salt  |                                    |

Crumble Roquefort cheese and add to all other ingredients, except blue cheese and lemon juice, in large bowl of electric mixer. Turn to medium speed and begin blending. After mixture has been blending a minute or two, add lemon juice and continue mixing at medium speed. Mixture should be blended about 10 minutes; just before finishing blending, crumble blue cheese in coarse, bite-size hunks and blend for only a second or two. Spoon into jars and refrigerate.

Yield: 3 to 4 cups.

The next two are good on anything, but especially grapefruit sections or any kind of fruit salads. The first comes from Alice Dillard via Hamlin Wade:

## ALICE'S DELICIOUS DRESSING

1 cup olive oil	1 cup chopped nuts
1 cup tomato catsup	1 cup pearl onions
1 cup finely diced celery	

Put all ingredients in jar with tight-fitting top and shake vigorously until well blended. Refrigerate until used. This unusual dressing will make grand gifts, just as Jake's will. Presented in apothecary jars, both are choice items for the holidays.

Yield: About 5 cups dressing.



I don't know the source of this dressing, but it's excellent on fruits.

## FRUIT SALAD DRESSING

5 tablespoons vinegar	1 teaspoon paprika
1/3 cup honey	1/4 teaspoon salt
1 teaspoon celery seeds	1 tablespoon lemon juice
1/2 cup sugar (less, if desired)	1 cup salad oil
1 teaspoon dry mustard	1 teaspoon grated onion

Put first 8 ingredients together and beat vigorously until well blended — by hand or medium speed on electric mixer. Gradually add salad oil and continue blending; then add grated onion, blend and store in refrigerator until used.

Yield: About 2 cups dressing.

# *Cookies - Cakes - Pies*

With virtually three-fourths the people in America on some kind of a diet, there are still those lucky souls who can eat desserts. To say nothing of those who can't eat them, but do!

I won't tempt you for too long, but here are some special sweets that all should keep on record.

Many calls come in for "that pound cake with the lemon glaze." Lemon Buttermilk Pound Cake comes from Mrs. J. E. Kumpe, a constant and never failing source of the most delicious sweets I serve at my house. Nobody can quite accomplish the items as Miss Lily can, but you can try.

## **LEMON BUTTERMILK POUND CAKE**

1 cup vegetable shortening  
1 stick margarine  
2 1/2 cups sugar  
4 eggs  
3 1/2 cups all-purpose flour  
1/2 teaspoon salt

1 cup buttermilk  
1 teaspoon lemon extract  
1/2 teaspoon soda  
1 tablespoon hot water  
Lemon Sauce Glaze (see below)

Cream shortening and margarine; add sugar gradually and continue creaming until light and fluffy. Add eggs, one at a time, beating well after each addition. Sift salt and flour together and add alternately to other mixture with buttermilk; blend in lemon extract, and then at lowest speed (if you're using electric mixer) add soda that has been dissolved in 1 tablespoon hot water. Turn mixture into 1 large tube pan (Angel cake pan will do, but do not grease sides; simply line bottom with wax paper), greased and lightly floured, or 2 regular loaf pans, greased and lightly floured or lined with wax paper. Bake in 325-degree oven, 1 hour 15 minutes for large tube pan cake or 1 hour for loaf pan cakes. While cake is baking make:

## **LEMON SAUCE GLAZE**

1 cup sugar  
1/2 cup hot water

Juice and rind of 2 lemons

Mix ingredients and boil until very soft ball forms in cold water — about 10 to 20 minutes. Pour at once over hot cakes.



This next came through the mail on a food folder. It is one of the most delicious cakes I've ever made.

## DOUBLE CARAMEL CAKE

1/3 cup sugar (brown or granulated; I use granulated)	3 cups sifted cake flour
1/4 cup boiling water	3 1/2 teaspoons baking powder
3/4 cup butter or margarine	1 teaspoon salt
1 1/4 cups sugar	1 cup milk
3 eggs, unbeaten	1 teaspoon vanilla
	Caramel Frosting (see below)

Melt 1/3 cup sugar in heavy skillet, stirring constantly until deep brown syrup is formed. Remove from heat and slowly stir in boiling water, being careful that steam doesn't burn your hand. Set syrup aside to cool.

Cream butter, add sugar and cream together until light and fluffy. Add eggs, one at a time, beating well after each addition. Then stir in 3 or 4 tablespoons cooled syrup. Sift dry ingredients together and add alternately with combined milk and vanilla, beginning and ending with dry ingredients. Beat until batter is smooth. Pour into two 9-inch greased and paper-lined layer cake pans. Bake in 375-degree oven about 25 minutes, or until cake begins to draw away from sides of pans. Remove from oven, let stand in pans a few minutes, then remove to racks for cooling. When cakes are cool, frost with:

## CARAMEL FROSTING

3 cups brown sugar, firmly packed	1/2 stick butter
1 1/8 cups light cream or half and half	1 teaspoon vanilla

Mix sugar and cream and cook over low heat until soft-ball stage (235 degrees on candy thermometer). Remove from heat, add butter and cool; add vanilla and beat until frosting is spreading consistency. (A little cream may be added should frosting become too thick.) Spread between layers, on top and sides of cake.



Mary Lester's Prune Cake has made a big hit with our readers. It's not hard to make, has wonderful keeping quality and makes wonderful gift for a special occasion:

## MARY LESTER'S PRUNE CAKE

Into large bowl of electric mixer put:

2 cups self-rising flour	3 eggs
2 cups sugar	1 junior size (8-ounce) jar prunes with tapioca
1 teaspoon <u>each</u> powdered cinnamon, nutmeg and allspice	1 cup chopped nuts (optional)
1 cup salad oil	

Beat on medium speed just until well blended — do not over mix. Turn into 10-inch tube pan that has been greased and lightly floured. Bake in 350-degree oven until done — 50 to 60 minutes. Remove from oven, allow to stand in pan a few minutes, remove to rack and cool. This cake, if properly stored, keeps beautifully. It may be glazed with your favorite icing, if desired.



This next-of-kin to German's Chocolate Cake, Sweet Potato Surprise Cake, is most appropriate to our sweet-potato growing state. It's absolutely delicious.

## SWEET POTATO SURPRISE CAKE

- |                           |   |
|---------------------------|---|
| 1 1/2 cups cooking oil    | 1 teaspoon <u>each</u> ground cinnamon and nutmeg |
| 2 cups sugar              | 1 1/2 cups grated raw sweet potatoes              |
| 4 eggs, separated         | 1 cup chopped nuts                                |
| 4 tablespoons hot water   | 1 teaspoon vanilla                                |
| 2 1/2 cups flour, sifted  | Coconut Frosting (see below)                      |
| 3 teaspoons baking powder |   |
| 1/4 teaspoon salt         |   |

Combine oil and sugar; beat until smooth; add egg yolks and beat well. Add water and then dry ingredients that have been sifted together; stir in potatoes, nuts and vanilla and blend and beat thoroughly. Beat egg whites until stiff and fold carefully into mixture. Turn batter into three 8-inch greased and floured or paper-lined layer cake pans and bake in 350-degree oven 25 to 30 minutes. Cool on rack and frost with:

## COCONUT FROSTING

- |                             |   |
|-----------------------------|---|
| 1 large can evaporated milk | 1 teaspoon vanilla                            |
| 1 cup sugar                 | 1 1/2 cups flaked coconut (packaged or fresh) |
| 1 stick butter or margarine | 1 cup chopped nuts (optional)                 |
| 3 egg yolks                 |   |

Combine milk, sugar, butter or margarine, egg yolks, and vanilla in saucepan. Cook over medium heat about 12 minutes, stirring constantly, until mixture thickens. Remove from heat and add coconut and nuts. Beat until cool and of spreading consistency. Spread between layers, on top and sides of cake.



In the life of every person there is one Cheese Cake that stands out among all others. I think Bettye Kilgore, native Texan, who lived here for several years, made the best.

## BETTYE KILGORE'S CHEESE CAKE

### CRUST:

- |  |                        |
|--|------------------------|
| 3/4 box (large, unsweetened) zwieback, ground fine in food chopper | 1 stick butter, melted |
|  | 1/4 cup sugar          |

Combine sugar and crumbs; add melted butter and blend, then pat into bottom of spring form pan (medium size), reserving some of crumb mixture for top of cake.

**CAKE:**

15 ounces cream cheese (or 2 packages, 8-ounce each) at room temperature	2 tablespoons flour
4 eggs, separated	1 cup coffee cream
1 cup sugar	2 teaspoons vanilla
	1/4 teaspoon lemon juice

Cream cheese well and add egg yolks, one at a time, beating well after each addition. Sift together sugar and flour; add slowly to cheese mixture; add cream, vanilla and lemon juice; blend thoroughly.

Beat egg whites until soft peaks form. Fold carefully into cream cheese mixture. Pour mixture over crumb crust in spring form pan and bake in 300-degree oven for about 70 minutes. Cool and refrigerate. (This part of the cheese cake may be made in advance.)

Before serving, run knife around side of pan and release the spring. Top cake with reserved crumbs and 1 pint of dairy sour cream to which have been added 3 tablespoons sugar and 1 teaspoon of vanilla. Garnish with fresh strawberries, or other fruit, if desired.

Yield: 10 to 12 servings.



Mrs. Ken L. Dawkins of Rockingham bakes a cheese cake in 25 minutes — “fool-proof and easy,” she says. She calls it:

## **BEST CHEESE CAKE YET!**

Make graham cracker crust (cracker crumbs and melted margarine or butter) and press onto bottom of 8-inch spring form pan, or other pan of comparable size.

**CAKE:**

3 packages (8-ounce each) cream cheese, softened	2 teaspoons vanilla
4 whole eggs	1 cup sugar

Set oven at 350 and mix the above ingredients until smooth and well-blended. Pour over crumb crust and bake for 20 minutes. Remove from oven. Set oven at 475 degrees. Spoon 2 cups dairy sour cream, mixed with 4 tablespoons sugar and 1 teaspoon vanilla until smooth, over cake and return to oven for 5 minutes longer. Cool in refrigerator at least 5 hours, or overnight. Make fruit glaze, if desired. This cheese cake freezes beautifully, says Mrs. Dawkins.

Yield: 12 servings.



I don't have any trouble remembering the source of Pecan Praline Cake. I ate it for the first time at a book club meeting at Sophie Goans' — it's been a favorite ever since.



## SOPHIE'S PECAN PRALINE CAKE

2 cups light brown sugar  
1/2 cup butter  
2 eggs  
1 cup buttermilk  
1 teaspoon soda

2 cups sifted all-purpose flour  
2 heaping tablespoons cocoa  
1 tablespoon vanilla  
Topping (see below)

Warm buttermilk and shortening together and put in large mixing bowl. Add sugar, then eggs and beat thoroughly. Add dry ingredients that have been sifted together and beat well. Turn into greased, lightly floured pan about 9 x 14 by 1 1/2 or 2 inches.

Bake in 350-degree oven approximately 20 to 25 minutes. Just before removing from oven, spread over cake:

### TOPPING:

1 stick melted butter  
1 cup light brown sugar

6 tablespoons cream  
1 cup chopped pecans

Mix all ingredients together in order given and spread over top of hot cake. Place low under the broiler and allow to broil only until topping bubbles and is lightly browned — this takes only a few minutes. Cut in squares and serve while warm. Garnish each serving with whipped cream.

Yield: 12 to 14 servings.



Mrs. Guy Little of Hickory has a similar cake that is altogether delicious and just enough different to include as another gorgeous broiled-topping cake.

## MRS. LITTLE'S COCONUT DATE CAKE

2 cups sugar  
1/2 teaspoon each powdered allspice  
and cloves  
2 teaspoons each powdered cinnamon  
and nutmeg  
1 teaspoon salt  
1 package (8-ounce) dates, chopped  
in small pieces

1 cup shortening  
2 cups hot water  
2 eggs, well beaten  
2 cups all-purpose flour  
2 teaspoons baking powder  
1 cup chopped nuts  
Coconut Topping (see below)

Combine ingredients above down through hot water; put over heat in heavy saucepan and bring to boil, simmering about 4 minutes. Set aside and allow to cool to lukewarm.

Blend beaten eggs into cooled mixture; then add dry ingredients sifted together, along with nuts and blend thoroughly. Turn into greased and lightly floured pan, 13 by 9 by 2 inches and bake in 350-degree oven 45 to 50 minutes. Remove from oven and immediately spread coconut topping over, place under broiler for several minutes or until golden brown.

### COCONUT TOPPING:

1/3 cup salad oil  
2 cups brown sugar, firmly packed  
3/4 cup cream

1 teaspoon vanilla  
2 cups shredded coconut

Blend well and spread over hot cake. Broil 2 or 3 minutes.

Yield: 14 to 16 servings.



I don't know where this version of Pineapple Upside Down Cake came from, but it is as good as I've ever eaten.

## PINEAPPLE UPSIDE DOWN CAKE

1/2 cup butter	1 teaspoon baking powder
1 cup light brown sugar	Pinch of salt
1 large can sliced pineapple	3 eggs, separated
1/2 cup (or more) pecan halves	1 cup granulated sugar
1 cup all-purpose flour	5 tablespoons pineapple juice

Melt butter in large, heavy skillet or baking pan. Spread brown sugar evenly in pan and arrange drained pineapple slices over sugar, filling in spaces with pecans.

Sift flour, baking powder and salt together; beat egg yolks until light, adding sugar gradually; add pineapple juices and sifted flour. Fold in stiffly beaten whites and turn batter over pineapple in pan. Bake in 375-degree oven 30 to 35 minutes. Turn upside down on plate or tray and serve with slightly sweetened whipped cream.

Yield: 8 to 10 servings.



This next is neither a cake, cookie nor a pie, but it is delightful and comes from the imaginative repertoire of a former resident, Mrs. William Warren Roberts. It's a perfect party dessert.

## PINEAPPLE MINT SUPREME

1 cup all-purpose flour	1/4 cup firmly packed brown sugar
1/2 cup walnuts, chopped	1/2 cup butter

Combine first three ingredients and cut in butter until fine crumbs form; press onto bottom of buttered 12 x 8 by 2-inch baking pan or dish and bake at 400 degrees for 10 to 12 minutes (maybe less). Cool.

Meanwhile make the following:

1 can (1-pound, 4-ounce) crushed pineapple, drained (reserve juice)	1 package (8-ounce) cream cheese
1 package (3-ounce) lime-flavored gelatin	1 cup sugar
	2/3 cup evaporated milk
	1/8 teaspoon peppermint extract

Heat drained pineapple juice to boiling and dissolve gelatin in hot juice; cool. Cream cheese with sugar and blend into cooled gelatin, along with drained pineapple. Chill until thick but not set. Chill evaporated milk and peppermint extract in freezer compartment until ice crystals form; beat until thick and fold into pineapple mixture. Spoon over cooled baked crust, evenly, and refrigerate while preparing the glaze:

<b>1/2 cup semi-sweet chocolate morsels</b>	<b>1 tablespoon butter</b>
<b>1/3 cup evaporated milk</b>	<b>1/4 teaspoon peppermint extract</b>

Melt chocolate in evaporated milk over low heat, stirring frequently; add butter and mint extract and stir to blend. Spread carefully over pineapple filling in pan, and refrigerate at least 4 hours before cutting in squares and serving.

Yield: 12 servings.



This next is a cookie, so delicious, I'm giving two versions of it — From Mrs. Sam Todd in Rock Hill it is called Lemon Flake Cookies. From Mrs. Bill Oyler in Columbus (N. C.) it is called Lemon Coconut Dreams. Both are exquisite.

## NEELY TODD'S LEMON FLAKE COOKIES

Mix 1 stick pie crust mix according to directions; roll very thin and cover bottom of 14 or 12 by 8-inch pan, with about 1/4-inch turn-up around sides. (Neely said a 16 by 8-inch pan, but I simply could not roll this one stick of mix thin enough to go over a pan that size! Maybe you can.)

Bake in 450-degree oven 5 to 7 minutes, or until half done.

Meanwhile, mix together:

<b>1 3/4 cups light brown sugar</b>	<b>1/2 cup chopped nuts</b>
<b>2 eggs, well beaten</b>	<b>1 teaspoon vanilla</b>
<b>1 can (3 1/2 ounce) flaked coconut</b>	

Blend all ingredients well and spread over half-done pastry. Reduce oven to 300 degrees and bake about 25 minutes, or until firm to touch. Cool slightly in pan and cover with:

LEMON ICING:

<b>1/2 stick margarine or butter, melted</b>	<b>Grated rind 1 lemon</b>
<b>3/4 box confectioners' sugar, sifted</b>	<b>Juice of 1 1/2 or 2 lemons</b>

Blend together until smooth and of spreading consistency. Spread over still-warm cookies and cool completely in pan before cutting in small squares and removing.

Yield: 3 to 4 dozen cookies

## DORIS OYLER'S LEMON COCONUT DREAMS

<b>1 1/4 to 1 1/2 cups self-rising flour</b>	<b>1 stick butter or margarine</b>
<b>2 tablespoons brown sugar</b>	

Blend together as for pie crust and press into 9-inch square pan, or 7 by 11-inch rectangular pan. Bake for about 10 minutes in 350-degree oven.

Meanwhile, prepare:

<b>2 eggs, beaten</b>	<b>1 cup chopped nuts</b>
<b>1 cup brown sugar</b>	<b>Pinch of salt</b>
<b>1 cup coconut</b>	

Add sugar to beaten eggs and blend thoroughly; add other ingredients and blend. Spread evenly over partially baked crust and continue baking for about 20 minutes, or a bit longer, in 350-degree oven. Cool partially and spread with:

1 1/2 cups confectioners' sugar, sifted	1 tablespoon soft butter Juice and rind of 1 lemon
--	---

Blend above ingredients, mixing well, and spread over still-warm cookies in pan. Cool completely in pan before cutting in squares and removing.

Yield: 2 to 3 dozen cookies.



Here's a quickie, no-bake variety that Mrs. Mansfield Latimer says has "gone all the way to the west coast".

## DATE FINGERS

1 stick butter	1 cup chopped nuts
1 cup brown sugar	1/2 cup flaked coconut
1 package (8-ounce) dates, chopped	Confectioners' sugar
2 cups rice crispies	

Melt butter, add brown sugar and dates and heat and cook over low heat until well dissolved. Add rice crispies, nuts and coconut. Cool and shape in fingers. Roll in confectioners' sugar.

Yield: About 4 or 5 dozen cookies, depending on size.



What nostalgic memories are stirred at the mention of Stickies! Especially dear Miss Rena's (Mrs. S. H. Kell) buttery, caramel-y morsels that tasted like manna from heaven to a hungry little girl after a day at school.

## MISS RENA'S STICKIES

2/3 cup all-purpose flour	1 1/4 cups light brown sugar, firmly packed
2/3 cup self-rising flour	1 stick butter
3 heaping tablespoons shortening	1 teaspoon vanilla mixed with 2 tea- spoons water
1/2 teaspoon salt	
1/3 (approximately) cup sweet milk	

Sift together flour and salt and cut in shortening; mix with milk until fairly stiff dough is formed, then roll out on lightly floured board to thin rectangle.

Cover rolled pastry, or dough, evenly with brown sugar and scatter small chunks of butter over sugar. Roll tightly as for jelly roll and seal edges with a little water on edges of pastry. Cut into 2/3-inch pieces crosswise and put in buttered shallow pan, cut side down. Bake in 400-degree oven, turning stickies over once, until golden brown; just before removing from stove, pour vanilla-water around edges of stickies and let them remain in oven about 1 minute longer. Quickly remove from pan with spatula and cool.



Yield: About 2 dozen stickies.



At a picnic down in Providence Community, you automatically go around the long table looking for Edna Ross's chess pie. It's always just as good as you remembered.

## EDNA ROSS'S CHESS PIE

2 cups sugar	6 tablespoons water
1/2 (scant) cup butter	1 teaspoon vanilla
4 egg yolks	Pinch of salt
2 whole eggs	Unbaked pastry for 2 pies (8-inch)

Cream butter and sugar; beat yolks and eggs together and add to creamed mixture; blend thoroughly. Add water and blend, then add salt and vanilla. Turn into the unbaked pastry shells and bake in 375-degree oven 30 to 40 minutes, or until done and slightly browned.

Yield: 2 pies, or 12 servings.



If you want a lemon chess pie, here's one you'll like a lot, but I've no idea where I got the recipe.

## LEMON CHESS PIE

2 cups sugar	1/4 cup melted butter
4 eggs	1/4 cup lemon juice
1 tablespoon flour	2 teaspoons grated lemon rind
1 tablespoon corn meal	1 unbaked pastry shell, 9 or 10-inch
1/4 cup sweet milk	

Combine sugar, eggs and mix just to blend. Toss together flour and corn meal; add to sugar and eggs and blend. Gradually add milk, melted butter, lemon juice and rind. Pour into unbaked pie shell and bake about 45 minutes in 375-degree oven. Corn meal rises to form delicious thin crust over pie. (One cup of pecans may be added, if desired.)

Yield: One pie, or 6 to 8 servings.



Mrs. Allen Ansley finds her guests always ask for the recipe when she serves:

## CERRY CREAM PIE

1 can (Eagle Brand) sweetened condensed milk	1/2 cup chopped pecans
1/3 cup fresh lemon juice	1 cup heavy cream, whipped
1 can tart pie cherries (water packed), drained	1 graham cracker crust for 9-inch pie

Combine first 4 ingredients; blend well and fold in whipped cream. Turn into graham cracker crumb crust and refrigerate several hours or overnight before serving. (Few drops of red food coloring may be added, if desired, for deeper red color.

Yield: 6 to 8 servings.



A dean of women and girlhood friend, Frances Moore Whitaker, from St. Petersburg brought me the Florida version of a sophisticated and "in" dessert at the moment:

## CREME de MENTHE PIE

16 large chocolate wafers, rolled into 1/3 cup melted butter or margarine  
fine crumbs

Mix together and press into 8-inch pie plate

### FILLING:

24 large marshmallows

1/2 cup milk

1/4 cup creme de menthe

1 cup heavy cream, whipped

2 squares semi-sweet chocolate,  
shaved

Melt marshmallows in top of double boiler over boiling water; add milk, blend and cool; then add creme de menthe and carefully fold in whipped cream. Turn into prepared pie shell, sprinkle shaved chocolate over top and refrigerate several hours or overnight before serving.

Yield: 6 to 8 servings.



Lillian Willard says this came from Virginia by way of her mother and is over 100 years old. It's completely delectable.

## DAMSON CUSTARD

4 eggs, beaten slightly

1 cup sugar

2/3 cup butter, melted

1 cup damson preserves

Pinch of salt

1 teaspoon vanilla

Unbaked pastry for 2 pies, 8-inch; OR 1 pie, 9-inch, 1 pie, 7-inch  
OR 12 large tart shells

Mix sugar with slightly beaten eggs, but do not overmix. Add preserves, salt, butter, vanilla and blend. Turn into unbaked shells and bake in 350-degree oven 35 to 45 minutes, or until set and done.

Yield: 12 servings, or more. (These are very rich).

## Miscellaneous

Always there are some goodies leftover that you'll never rest easy unless you include.

I could keep right on giving choice food treats from now until next year, but the end has to come sometime.

However, just under the finish wire, here are a few that are too important to leave out.

### CRABMEAT-SHERRY SOUP

1 can cream of chicken soup	1 can crab meat
1 can cream of green pea soup	1 cup sherry
1 can pepper pot soup	1 cup milk

Put chicken, pea and pepper pot soups in top of double boiler and heat over boiling water; meanwhile soak crabmeat in sherry while soups are blending and heating. Stir vigorously to blend as they heat. Add 1 cup milk, blend and heat to just under boiling. Add crab meat and sherry, heat through and serve immediately.

Yield: 6 to 8 servings.



According to Margaret Millar, Tomato Bouillon with Sherry is a wonderful appetizer before dinner. She serves it piping hot, in mugs or tall chocolate cups, in the living room, while she puts the final touches on dinner in the kitchen:

### TOMATO BOUILLON WITH SHERRY

5 or 6 cups tomato juice	1/2 cup (more or less) sherry
5 or 6 beef bouillon cubes	Parmesan cheese

Heat tomato juice and dissolve bouillon cubes in it; keep piping hot and just before serving, in mugs, if desired, add sherry, blend and heat through. Pour quickly into mugs and sprinkle lightly with Parmesan cheese.

Yield: 6 servings.

Margaret also has a grand holiday cheese idea that's ever so easy to put together effectively and deliciously:

## HOLIDAY CHEESE BALLS

1/4 pound blue cheese	Dash of red pepper sauce or cayenne
1 pound sharp cheese (either mix or grated)	Chopped pecans (for rolling balls)
1/2 to 3/4 cup brandy, or brandy to taste	

Blend together cheeses, brandy and hot sauce. Mix well. Form into balls about the size of a small orange and roll in chopped nuts. (It may be necessary to chill after blending before forming into balls, for easier handling.)

Place round lace paper mat (about size of bread and butter plate) over inverted (dent in slightly) small foil pie plate. Put cheese ball in center, slip in plastic bag and tie with red or green ribbon, stick a sprig of holly or small ornament in the bow, and present it with pride.

Yield: 6 to 8 cheese balls, of 4 to 6 servings each.



This next is bound to have come from Hamlin Wade, though there's no indication — it sounds like her!

## CLAM SPREAD OR DIP

1 can minced clams, drained (reserve juice)	1/2 teaspoon worcestershire
1 package (8-ounce) cream cheese, softened	Generous dash cayenne and liquid red pepper seasoning
1/2 teaspoon onion juice	Juice of 1/2 lemon

Blend together thoroughly and use as spread on crackers or toast rounds.

Add clam juice and turn the above into a dip for cauliflower buds, potato chips, celery or green pepper.

Yield: 10 to 12 servings.



I know this intriguing little spread comes from Hamlin:

## BLACK WALNUT SPREAD

To 6 sieved hard-cooked egg yolks, add about 1/3 cup finely chopped black walnuts and enough mustard-based creamy dressing (Durkee's) to make it of the right spreading consistency. This is quite different and tasty.

Yield: 6 to 8 servings.



Here's one of Mrs. L. M. Carr's gems and is absolutely luscious:

## DELUXE COFFEE SAUCE

2 egg yolks  
3/4 cup sugar  
1 tablespoon flour

1 cup strong coffee  
1 cup heavy cream, whipped

In top of double boiler over hot water cook egg yolks, sugar, flour and coffee until smooth and thick. Cool and fold in whipped cream.

Yield: 6 servings.

Note: This is delicious over any cake or pudding — or ice cream — but especially is good over chocolate cake.



Mary Fink gave me this one. "Make generous amount — everybody loves this," says Mary, who serves it each holiday season:

## MARY'S CRANBERRY PUNCH

1 small jar (2/3 cup) powdered  
orange juice (Tang)  
1/2 cup sugar  
1 pint cranberry juice

3 cups water  
1/4 teaspoon almond flavoring  
1 large can pineapple juice, 46-ounce

Mix all the above ingredients and freeze. Remove from freezer just in time to thaw to mush, and add 1 quart of ginger ale just before serving.

"This recipe multiplied by 8 will serve 50 to 60," says Mary.

You figure out how many the above will serve!



Here's one that will be suitable for a wedding reception or some other festive occasion.

## TEA-RIFFIC PUNCH

2 cups boiling water  
8 teaspoons loose tea or 8 teabags  
2 cups cold water  
1 can (6-ounce) frozen Hawaiian  
punch concentrate

1 can (6-ounce) frozen concentrate  
for lemonade  
1 bottle rose' wine, chilled  
1 bottle sparkling burgundy, chilled

Bring water to a full, rolling boil in a saucepan. Remove from heat; immediately add tea. Brew 4 minutes. Stir and strain into a container holding the 2 cups cold water. Add frozen concentrates and rose wine; stir to blend. Chill until ready to serve. Pour into punch bowl and float a heart-shaped piece of ice. Add sparkling burgundy and garnish with fruit, if desired.

Yield: About 3 quarts, or 25 punch cup servings.

And if you don't have "Miss Mattie Lou's" (Mrs. Summy Alexander of Lincolnton) recipe for chocolate fudge, your candy files are not complete. This delightful kindergarten teacher makes this rich, creamy, luscious confection, pound after pound, especially at Christmas.

## CHRISTMAS CHOCOLATE FUDGE

1/2 pound butter (no substitute)  
5 cups sugar  
2 packages (12-ounce each) semi-sweet chocolate morsels

1 can (13-ounce) evaporated milk  
1 jar (7-ounce) marshmallow cream  
1 teaspoon vanilla  
1 1/2 to 2 cups chopped nuts

Melt butter in large, heavy saucepan; add milk and blend; then add sugar, stirring constantly and bring to boil. Boil vigorously for 8 minutes, stirring constantly; remove from heat; add chocolate morsels and beat vigorously until chocolate is melted. Add marshmallow cream and continue beating until melted and well blended. Add vanilla and nuts and blend well. Turn into a well-buttered rectangular pan — about 12 by 7 by 2 inches. Let sit in cool place at least 6 hours before cutting into squares. Cut in large squares (the large ones stay creamier, says Miss Mattie Lou) and store in airtight container.

Yield: Approximately 4 pounds of fudge.







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